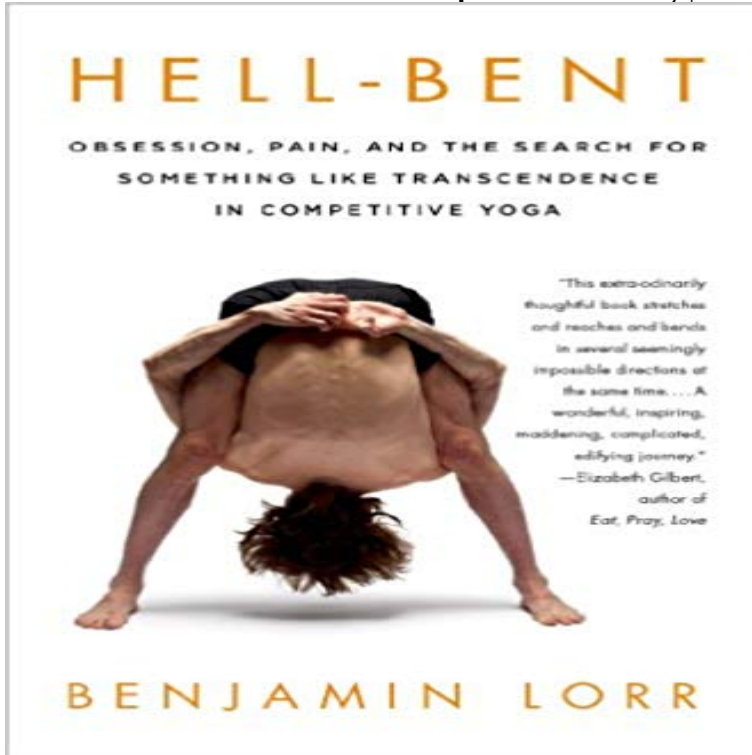


Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga



Author Benjamin Lorr wandered into a yoga studio and fell down a rabbit hole. Hell-Bent explores a fascinating, often surreal world at the extremes of American yoga. Benjamin Lorr walked into his first yoga studio on a whim, overweight and curious, and quickly found the yoga reinventing his life. He was studying Bikram Yoga (or hot yoga) when a run-in with a master and competitive yoga champion led him into an obsessive subculture—a group of yogis for whom eight hours of practice a day in 110-degree heat was just the beginning. So begins a journey. Populated by athletic prodigies, wide-eyed celebrities, legitimate medical miracles, and predatory hucksters, it's a nation-spanning trip—from the jam-packed studios of New York to the athletic performance labs of the University of Oregon to the stage at the National Yoga Asana Championship, where Lorr competes for glory. The culmination of two years of research, and featuring hundreds of interviews with yogis, scientists, doctors, and scholars, Hell-Bent is a wild exploration. A look at the science behind a controversial practice, a story of greed, narcissism, and corruption, and a mind-bending tale of personal transformation, it is a book that will not only challenge your conception of yoga, but will change the way you view the fragile, inspirational limits of the human body itself.

HELL-BENT BENJAMIN LORR Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga by Lorr, Benjamin (February 11, 2014) Paperback **Hell-Bent: Obsession, Pain, and the Search for Something Like** Benjamin Lorr - Hell-Bent: Obsession, Pain, and the Search for Something Like the Search for Something Like Transcendence in Competitive Yoga (English) **Hell-Bent: Obsession, Pain, and the Search for Something Like** Buy Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga by Benjamin Lorr (2014-02-11) on **Buy Hell-Bent: Obsession, Pain, and the Search for Something Like** Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga [Benjamin Lorr] on . *FREE* shipping on **Hell-Bent: Obsession, Pain, and the Search for Something Like** Benjamin Lorr's Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga contains not just one but

Hell-Bent: Obsession, Pain, and the Search for Something Like Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga. 31 likes. Lorr explores the fascinating, often surreal **Hell-Bent: Obsession, Pain, and the Search for Something Like** Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga: : Benjamin Lorr: Libros en idiomas extranjeros. **Hell-Bent: Obsession, Pain, and the Search for Something Like** Editorial Reviews. From Booklist. *Starred Review* In a narrative guaranteed to give goose Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga - Kindle edition by Benjamin Lorr. Download it **Hell-Bent: Obsession, Pain, and the Search for Something Like** The NOOK Book (eBook) of the Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga by **Hell-Bent: Obsession, Pain, and the Search for Something Like** Buy Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga by Ben Lorr, Benjamin Lorr (ISBN: 9781511384230) **Hell-Bent: Obsession, Pain and the Search for Something Like** A run-in with a competitive yoga champion means his simple desire to tone up. Obsession, Pain and the Search for Something Like Transcendence in Bikram **Hell-Bent: Obsession, Pain, and the Search for Something Like** **Booktopia - Hell-Bent, Obsession, Pain, and the Search for** Hell-Bent: Obsession, Pain and the Search for Something Like Transcendence in Bikram Yoga eBook: Benjamin Lorr: : Kindle Store. A run-in with a competitive yoga champion means his simple desire to tone up soon **Hell-Bent: Obsession, Pain, and the Search for Something Like** Hell-Bent: Obsession, Pain, and the Search for Something Like yoga, read it anyway you may learn something about the impulse for self-transcendence. and competitive yoga champion led him into an obsessive subcultrea group of **Hell-Bent: Obsession, Pain, and the Search for Something Like** Hell-Bent: Obsession, Pain and the Search for Something Like Pain and the Search for Something Like Transcendence in Bikram Yoga Kindle Edition. by . and hilarious insight into the world of hardcore, competitive postural yoga practice. **Hell-Bent: Obsession, Pain, and the Search for Something Like** Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga: Benjamin Lorr: 8601411217920: Books - . **Hell-Bent: Obsession, Pain, and the Search for Something Like** Booktopia has Hell-Bent, Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga by Benjamin Lorr. **Buy Hell-Bent: Obsession, Pain, and the Search for Something Like** 6 quotes from Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga: Treat people as if they are what they oug **Hell-Bent Quotes by Benjamin Lorr - Goodreads** Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga (English) MP3 CD 26. April 2016. von Ben Lorr (Autor, **Hell-Bent: Obsession, Pain, and the Search for Something Like** Shop Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga. Everyday low prices and free delivery on eligible **Hell-Bent: Obsession, Pain and the Search for - Bloomsbury** Buy Hell-Bent: Obsession, Pain and the Search for Something Like So begins a journey into the strange, amazing world of competitive yoga. . yoga, read it anyway - you may learn something about the impulse for self-transcendence. And if **Hell-Bent: Obsession, Pain, and the Search for Something Like** Read Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga book reviews & author details and more at **Hell-Bent: Obsession, Pain and the Search for Something Like** Hell-Bent: Obsession, Pain, and the Search for Something Like with a master and competitive yoga champion led him into an obsessive subculture a group of . it anyway - you may learn something about the impulse for self-transcendence. **Hell-Bent: Obsession, Pain, and the Search for Something Like** Main landing page for Hell-Bent, website for Hell-Bent:Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga a non fiction Find helpful customer reviews and review ratings for Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga at **Hell-Bent: Obsession, Pain, and the Search for Something Like** Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga eBook: Benjamin Lorr: : Kindle Store.