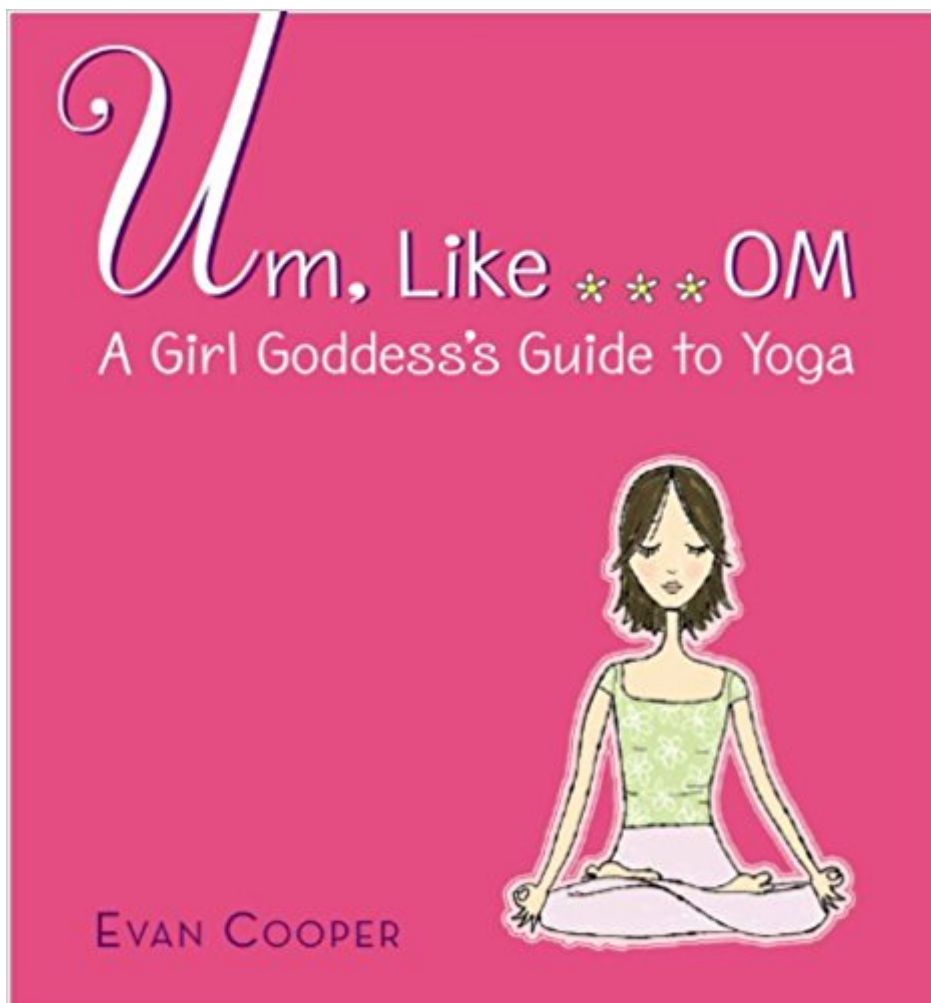




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# Um, Like... OM: A Girl Goddess's Guide To Yoga



## Synopsis

The perfect primer for yoga enthusiasts, *Um, Like... OM* goes above and beyond teaching the technique of yoga: it reveals how yoga can help teenage girls face any challenge that comes their way, from dealing with difficult parents to break-ups to the pressure to conform. Written in a hip and empathetic voice by a yoga practitioner who knows all about the ups and downs of the teenage years, this book also provides tips and tricks on how girls can tell their inner critic to take a hike and embrace the girl goddess within. Packed with illustrated yoga poses, real-life teen stories, inspiring quotations, sidebars with FYIs ("Fun Yoga Information"), book and music recommendations, and a glossary, *Um, Like... OM* is the ultimate guide to yoga-and life-for teens.

## Book Information

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## Customer Reviews

Grade 6-10 "Cooper explains what yoga is, its benefits, and how to incorporate it into one's life. Her laid-back writing style is appealing; she plays the role of author as confidant and girlfriend successfully, and combines advice with step-by-step instructions. Each pose is described in detail and illustrated with line drawings. The text is divided into sections such as Yoga and Relationships and Gettin' Along with Family and Friends, with poses that correspond to different situations and challenges. The author shares hard-won lessons about navigating through the teen years and coming out on top, and the sections on body image and how yoga can help give one perspective are especially good." Elaine Baran Black, Gwinnett County Public Library, Lawrenceville, GA  
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Gr. 8-11. Written by a young Los Angeles yogini who teaches classes to teens, this breezy, enthusiastic introduction aims to empower girls. Introductory chapters about the benefits of yoga are bolstered by Cooper's own stories and testimonials from her students. Later chapters suggest postures to overcome common obstacles, such as poor self-esteem, perfectionism, and tough relationships, followed by Cooper's step-by-step instructions with commentary about what each pose accomplishes. The tone wavers between straightforward and valley-girl-inflected: "Grab your mats, and let's get this party started!" Teens looking for color photos will have to consult other guides, such as Thia Luby's *Yoga for Teens*, as poses here are illustrated in drawings, and the book's small, square format does little to enhance the content. Even so, the casual, best-friend approach will appeal to many YAs; this is surely the only yoga guide with a list of suggested mantras that includes both Sanskrit phrases and "Time for a new and better boyfriend." An eclectic list of suggested books and music closes. Gillian Engberg Copyright © American Library Association. All rights reserved

I bought this to use in my classroom. My students love the book and it is always checked out. A great tool for beginner yogi's.

The main character in the story line has a very negative image of herself. I want to build my daughter up and support positive body image, positive mindset, and limit self doubt when it comes to her body shape, size, etc. I feel this book encourages a girl to consider a personal negative body image and internal drama.

A disclaimer: I am a yoga instructor in my mid-thirties. Clearly, I am not this author's target demographic. I took that into account when I first picked it up. Even with that caveat, I initially found the tone so off the cuff and the postures so disorganized that I put it down and walked away. A few years later, after I'd incorporated much more Kundalini into my own practice, I found myself drawn to this book again. This time, much more of what she was offering for asanas/kriyas made sense to me, as well as many of the meditations. That she doesn't include a lot of different movements in each section also made more sense- often times with kundalini you may find that you get more bang for your buck from fewer movements. I liked that she not only tackled serious issues- family pressure, drug use, body image, school stress and romance- but that she also had her own contributions to make about how those issues affected her. Her light, breezy style belied the seriousness of both her own and her students' and how yoga helped address- if not cure- all of

them. Like many authors for the younger set, her aim was off- I felt like she was reaching for the older teen, but instead landed on the twelve to fifteen year olds, if not younger. That's probably just as much her style as it is the increasingly jaded affect of all age groups, but it's something to keep in mind. I'd love to see more from this author- I think she has a lot to offer not only this age group but adults as well.

Evan Cooper's "Um, like...OM, A Girl Goddess's Guide to Yoga" is a breezy read which accomplishes what all good teachers do best: Imparting with vivid good humor the wisdoms of processes taken beyond the classroom. The target audience here, primarily middle-school girls, calls for a most delicate balancing act: Being bright, fun, and "cool" while explaining the theory, practice, and results of a disciplined approach to yoga. Ms. Cooper accomplishes this masterfully with anecdotes, explanations, and her "girl friend" persona. Scan the table of contents alone and, guaranteed: You're hooked: weight, sex, drugs, peers, parents, and so much else. Add Stacy Peterson's fun, carefully-scripted (by position and motion) illustrations of the exercises, and this fun profound little book will delight and please any "tweener-to-teen." And her mom, who might recover her own "pocket devi" in the process!

This is a wonderful book for young girls!

I found this book years ago at the public library. Now that I want to teach teen/tween classes, I couldn't find it anywhere so ordered it on . It is as sweetly written as I remember. Nice for getting ideas and inspiration about how to make yoga more accessible.

This book is a must have for all newbies, young and old alike. Perfect, simple yet eloquent explanations that make everyone feel welcome and at ease in the world of YOGA! Highly recommend this book. Thanks!

I looked at this book while considering giving it to some of the teenage girls in my life but ultimately decided it was not appropriate. In trying to be "hip" to appeal to girls, it falls prey to some serious cultural stereotyping. Also, since it was written several years ago, most of its pop culture references are out of date. Particularly hilarious is a line about not trying to make one's life "Lindsay Lohan perfect." The yoga basics in the book are fine (I am a long time yoga practitioner and I had no argument with her description of the poses or the suggested practices). However, her attempts to

apply her version of yoga wisdom to daily life fall short. Her watered down yoga philosophy basically boils down to overcoming everything with positive thinking. Also, this book allows for no possibility that the reader might not be straight. All of the references to dating are about "cute boys" - this book would be absolutely no help to a teenager struggling with her sexuality. The author also defaults to gender stereotypes. For example, she talks about the "sparkly high heels that you have to wear to the prom." What about the girl who already knows she wants to wear her Doc Martens? (Speaking of dated cultural references, but it does seem like punk persists, even in high school.) The illustrations are cute but also problematic - while she talks in the text about being comfortable with yourself, whatever your body size (which is a GREAT message!) all the drawings are of very skinny girls, and they are doing the fullest expression of all the poses. There are very few suggestions of modifications. So, if you know (or you are) a straight, skinny, bendy teenager with simple teenage problems, this book may help you. If you or your teenager are seriously struggling with sexuality, mental health, abuse, grief, or any of the more serious issues faced by teens today, I'm afraid you'll have to look elsewhere for yogic wisdom.

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