



Yin, Yang, Yogini: A Woman's Quest for Balance, Strength and Inner Peace

By Kathryn E. Livingston

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Yin Yang Yogini is a memoir about transformation, with yoga as the backdrop for change—a story of how one can evolve in midlife and in midstride, of how one can learn to let go of the past, let go of fear, and live with trust in the present moment. This is a memoir about a transformational two years of Kathryn E. Livingston's life, a time in which she learned to trust herself and the universe, even while facing such issues as the death of her parents, her children leaving home for college, panic and anxiety issues, and breast cancer. Livingston's story is heartfelt, humorous, and timely, and about finding courage, strength, and happiness within.

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Editorial Review

About the Author

Kathryn E. Livingston has been writing about parenting issues for more than twenty-five years; recently, she's turned her pen to the topic of yoga. Livingston's articles have appeared in Parenting (she was among the magazine's first columnists), Publishers Weekly, American Photographer, Edutopia, Country Living, Redbook, Working Mother, and other magazines. She is the coauthor of two parenting books with Robert Frank, PhD: Parenting Partners (St. Martin's) and The Secret Life of the Dyslexic Child (Rodale). Livingston is also the author of a number of photography books, including Special Effects Photography, Secrets of Still Life Photography, and Fashion Photography: Patrick Demarchelier, and she is coauthor of The Joy of Photographing Your Baby. Livingston blogs for the Huffington Post on seasoned motherhood and empty-nest issues, and for the Kundalini yoga music website Spirit Voyage, and her work appears in the popular online yoga magazine Elephant Journal. She is a supporting blogger for Dr. Susan Love's Army of Women, an online effort to research and eradicate breast cancer. The mother of three grown sons, Livingston lives with her husband, a classical musician, in Bergen County, New Jersey, and is soon to engage in a Kundalini yoga-teacher training. A seven-year breast cancer survivor, Livingston will donate a portion of her earnings from this book to breast cancer research.

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