



May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind

Cyndi Lee

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For all her wisdom as a teacher, Cyndi Lee understood intuitively that she still had a lot to learn. In spite of her success in physically demanding professions - dancer, choreographer, and yoga teacher - Lee was caught in a lifelong cycle of repetitive self-judgment about her body. Instead of the radical contentment expected in international yoga teachers, she realised that hating her body was a form of suffering, which was infecting her closest relationships - including her relationship to herself. Inspired by the honesty and vulnerability of her students, Lee embarked on a journey of self-discovery that led her outward - from the sacred sites of the parched Indian countryside to the center of the 2011 earthquake in Japan - and inward, to seek the counsel of wise women, friends and strangers both. Applying the ancient Buddhist practice of loving-kindness meditation to herself, Lee learned that compassion is the only antidote to hatred, thereby healing her heart and changing her mind. With prose as agile as the yoga sequences she creates, *May I Be Happy* gives voice to Lee's belief that every life arises, abides, and ultimately dissolves. By becoming her own best student, Lee internalizes the strength, stability, and clarity she imparts in her Buddhist-inspired yoga classes.

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