

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. Livingstons 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. Livingstons story is heartfelt, humorous, and timely, and about finding courage, strength, and happiness within.

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