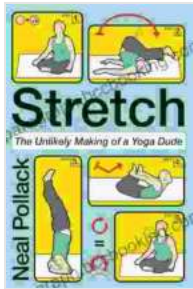


Stretch: The Unlikely Making of Yoga Dude

By Max Strom



Stretch: The Unlikely Making of a Yoga Dude by Neal Pollack

★★★★☆ 4.1 out of 5

Language : English

File size : 831 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 338 pages



A Memoir

Max Strom was a successful Wall Street trader with a six-figure salary and a penthouse apartment. But he was also deeply unhappy. He was overweight, stressed out, and addicted to drugs and alcohol.

One day, Strom decided to try yoga. He had never been a particularly athletic person, but he was desperate for a change. He went to his first yoga class and was hooked. Yoga gave him a sense of peace and well-being that he had never experienced before.

Strom started practicing yoga regularly, and soon began to see changes in his life. He lost weight, got healthier, and started to feel more fulfilled. He also quit drugs and alcohol.

After a few years of practicing yoga, Strom decided to leave his job on Wall Street and become a yoga teacher. He wanted to share the transformative power of yoga with others.

Strom's book, *Stretch: The Unlikely Making of Yoga Dude*, is a memoir of his journey from the corporate world to the yoga mat. It is a story of self-discovery, transformation, and the power of yoga.

In *Stretch*, Strom writes about:

- His struggles with addiction and depression
- How yoga helped him to overcome his challenges
- The transformative power of yoga
- His journey from Wall Street to the yoga mat

Stretch is a must-read for anyone who is interested in yoga, self-discovery, or transformation. It is a story that will inspire you to reach for your dreams, no matter how unlikely they may seem.

Praise for *Stretch*

"Max Strom's memoir is a powerful and inspiring story of transformation. *Stretch* is a must-read for anyone who is interested in yoga, self-discovery, or the power of the human spirit."

— Arianna Huffington, founder of The Huffington Post

"Max Strom's journey from Wall Street trader to yoga teacher is a fascinating and inspiring story. *Stretch* is a must-read for anyone who is looking for a change in their life."

— **Deepak Chopra, author of *The Seven Spiritual Laws of Success***

"Max Strom's memoir is a powerful reminder that it is never too late to change your life. *Stretch* is a must-read for anyone who is looking for inspiration and guidance."

— **Eckhart Tolle, author of *The Power of Now***

Free Download Your Copy of *Stretch* Today!

Stretch: The Unlikely Making of Yoga Dude is available now on Our Book Library, Barnes & Noble, and other major booksellers.

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