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Garden State Yogi: My Humble Quest to Heal My Colitis, Calm My ADD, and Find the Key to Happiness. As a college freshman business major suffering from a variety of anxiety-related maladies, Brian Leaf stumbled into an elective: yoga. It was 1989.

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Brian Leaf is the author of eleven books, including

Misadventures of a Garden State Yogi, Name That Movie!, and McGraw-Hill's Top 50 Skills for a Top Score.

His books have been featured on The CW, MTV.com, Fox News, and Kripalu.org

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Misadventures of a Garden State Yogi follows the path of yoga wherever it leads, from the sublimely ridiculous to the ridiculously sublime. It is ultimately a heartfelt testament to yoga's power to heal body, mind, and spirit." — Timothy McCall, MD, author of Yoga as Medicine and medical editor of Yoga Journal

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written it about twenty
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mind, and spirit.

—Timothy McCall, MD,
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Key to Happiness is a
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health and happiness through yoga and all the things that come with it. I would definitely recommend this book to anyone who is immersed in the yoga world! It's one of the more accessible "yoga books" I've read because ...

Book

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Leaf] -- As a college
freshman business
major suffering from a
variety of anxiety-
related maladies, Brian
Leaf stumbled into an
elective: yoga. It was
1989. All his
classmates were
female. And men did
not yet...

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October 18, 2012 The
following is by Guest
Contributor Brian Leaf,
M.A . on the Keys to
Happiness - the author
of Misadventures of a
Garden State Yogi
draws upon twenty-one
years of intensive
study, practice, and
teaching of yoga,

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mixes makes his book
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of any generation. I say
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Namaste to a dad who
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can keep it light and
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yoga wherever it leads,
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mind, and spirit."

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"From its first
hilariously humiliating
image to its closing
words of grace, Brian

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Leaf's memoir is an unfolding miracle. Don't be fooled. This is not for yogis only but a quest for self-knowledge that transcends its title.

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“Oskar’s yoga class
touched the right chord
and made my soul
sing.”

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relaxation five times a
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anyone's life, whether
or not he or she
suffered from colitis.”

— Brian Leaf,

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