



Learning to Eat Along the Way: A Memoir

Margaret Bendet

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When Margaret Bendet is told to interview an Indian holy man, she thinks it's just another assignment—but after speaking with him, she decides to accompany him back to his ashram, hoping to find enlightenment.

In *Learning to Eat Along the Way*, Bendet enters a world that many have wondered about but few have seen: the milieu of a spiritual master. Subtle experiences prompt her to embark on this journey with “the swami,” as she calls the holy man, and to enter into the ashram—but once there, she deals with a host of psychological issues, including intense infatuation and life-threatening anorexia. “Each person comes to the ashram in order to receive something,” the swami tells her, “something to take with you when you leave—something you can eat along the way.” Bendet finds this to be truer than she could have imagined.

Clear-eyed and candid, *Learning to Eat Along the Way* is an honest and often surprising account of one woman's experience with spiritual work.

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