



Eat Pray Eat

Michael Booth

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Eat Pray Eat Michael Booth

World-weary, distracted and more often than not the worse for wine, Michael Booth really needed to make some major changes to his life. Instead, he embarks on an over-ambitious, self-indulgent attempt to write the definitive book on Indian food, taking his wife and two young children in tow. They criss-cross India, from mist-shrouded Delhi to Mumbai and the slums of Dharavi, meeting the locals and sampling different cuisines along the way. However, his plan is derailed as he spirals deeper into his metaphysical middle-aged malaise, finally unravelling amid the sweltering heat of the Keralan backwaters. Fortunately, his wife takes control and enrolls her disintegrating husband in a hardcore yoga boot camp, enlisting a wise meditation guru who helps him chart a path towards enlightenment. But will Booth's cynicism and untrammelled appetites prove his undoing? Can he regain his balance, conquer his anxieties and face up to life as a husband and father?

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