



Yoga for Bros: Your Guide to Manly Mindfulness

Hannah Rothstein

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The Manchild. The Kegstand. The Reverse Weekend Warrior. Reach enlightenment while pounding copious brews in this essential guide to “manly mindfulness.” Expanding on Hannah Rothstein’s viral sensation, this is a roadmap to extra-sensory dude-ception, a state of mind in which one lives by the four facets of the bro-being: sports & fitness, partying, girls, and living large. Derived from the teachings of “Brogi Brent,” who found his guru through a haze of smoke in a room plastered with posters of Kate Upton, this colorful, mind-expanding, and totally hysterical tome includes over 40 poses illustrated by gorgeous photos, plus aphorisms such as “The root of suffering is attachment. Avoid a serious girlfriend at all costs.”

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