



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.

Learning to Eat Along the Way: A Memoir Details

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Author : Margaret Bendet

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From Reader Review Learning to Eat Along the Way: A Memoir for online ebook

Diana Beckham says

Thank you first reads for the opportunity to read this memoir. The author gives an honest and well articulated account of her journey to enlightenment. For all those that may be curious about alternative beliefs this book is a good starting point.

Jim Lavis says

This memoir is about a woman who has spent 35 years in a ashram learning what's important in life and how to be of service to herself and others. She gave up a promising career, and what looked like the perfect marriage, to have this experience, and wow, what an experience she's had. I've had the privilege of meeting a c few individuals like her, and I admire their tenacity and courage.

Unfortunately, too many individuals live dull lives with know purpose. So sad. I believe Thoreau said it best, "Most men lead lives of quiet desperation and go to the grave with the song still in them."

Kathy Stone says

This is an interesting memoir, though like many memoirs that encompass a lifetime journey there appear to be disparate gaps in the story's flow. This is okay with the author as she acknowledges this problem in her author's note, but for the reader it can make the flow seem choppy and confusing. While this is one women's spiritual journey it is not the path for everyone. I cannot say that it would of been mine as I cannot see myself spending thirty five years in an Ashram some of that time living as a nun. Bendet did learn a lot about herself and mostly overcome an eating disorder, but I do not think I would have been my path in this life.

Linda Mikkelsen says

I just finished reading Margaret Bendet's "Learning to Eat Along the Way". It was a powerful and meaningful book for me. I think Margaret Bendet is a brilliant writer as her choice of words precisely conveys experiences that I could identify with. I could identify with her mental chatter as well and laughed out loud! I cried with some experiences of her love for her teachers that came right though the pages and expanded in my heart. Most of all, I appreciated her reflection on her experiences. She reviewed each experience with deep reflection until she had a truth-filled nugget to guide her life. That inspired me. I highly recommend this book for anyone on an inner journey or thinking about it.

Vidura Barrios says

It was a delight to read this book...honest, interesting and uplifting.

Alastair says

The most challenging kind of memoir to read is the spiritual quest autobiography. I have read so many that just do not work. This one is one of those rare examples of an author clear enough and courageous enough to get to the core of her quest and to adroitly chronicle it all, personal foibles notwithstanding. The central theme of what you take in becomes the means by which you evolve is a strong one and sustains the narrative. This is an absorbing read and an inspiration to others on the quest for self understanding.

Amber Griffith says

If you are at a point in your life where you are less about pleasing others and more about trying to understand and care about yourself then this book is for you. It's a very interesting way to think about what life means for you. I won this book on a good reads giveaway. Thank you!

Erika Romer says

So interesting to read a spiritual memoir, it is easy to read, and a rare look into the author's inner life.

Elena Greco says

I recently wrote a review of a group of biographies I had read, and what came to mind while I was reading Bendet's beautifully written book was how it contrasted with the others I had read. There was no morose introspection, recounting of superfluous detail or self-aggrandizement. Instead, her book takes us on an honest, unpretentious journey through her very interesting life that makes the reader feel as if they're right there with her. Maha's book (I confess I once knew her by her spiritual name, Mahananda, and find it difficult to think of her by any other name) was moving to me. At times it reminded me of, and allowed me to re-experience a bit of, the spiritual experiences I had around a certain swami years ago and viscerally brought back that expansive yet introspective feeling I had then (which I confess I do miss from time to time). I also appreciate that she shone a light on the subject of anorexia, which is an important one.

Her ability and willingness to drop what wasn't fulfilling to her in her life and plunge ahead into the unknown wherever her instinct led her reminds us that nothing is guaranteed, that sometimes the safe, un contemplated way is the deadening, life-restricting way, and that taking the unknown path is at the very least the enlivening, life-affirming way.

I'm thrilled to see that Bendet has moved beyond her ashram life splendidly, emerging with a sleek, luminous spirit that seems to have found happiness in the moment amidst her new secular life, one that brings inspiration to others. A moving, entertaining and inspirational read!

Ashley says

The beginning was the best part for me. I laughed many times, but became bored while reading most of it.
