



Eat Mangoes Naked: Finding Pleasure Everywhere (and dancing with the Pits)

By SARK

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Eat Mangoes Naked: Finding Pleasure Everywhere (and dancing with the Pits) By SARK

This book is your traveling pleasure companion. I want to remind you to seek out pleasure and lightly scoop it up!

It is also a guide to finding pleasure in all of the difficult places: during illness, at the periodontist, facing our aging and mortality...

I share my explorations into pleasure, and the places I get lost.

Let's magnify our pleasures together, no matter what else is happening in our lives.

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Editorial Review

From Publishers Weekly

With her distinctive mix of brightly colored jacket art and handwritten text, SARK offers another fanciful yet thoughtful guide to life. Heavier on the whimsy than her last book, *Transformation Soup*, which focused on healing, this one exudes her characteristic outlook on life's continuous difficulty and people's "splendid imperfections." Retaining a light, positive and humorous tone, even when she discusses death, SARK advocates finding pleasure in every situation, while admitting that, as for many people, "the struggle still feels more comfortable to me than the pleasure." In the spirit of teaching what she most needs to learn, she reminds readers that "our spirits are in need of pleasure, like our bodies need vitamins, or oxygen, or water." Based on this ethic of joy, SARK demonstrates what might be gained from painful experiences, other people, mistakes, change, nature, ordinary things around the house and imaginary or vicarious adventures. She uses anecdotes from her own and others' lives to illustrate how "pleasure responds to invitation," showing up when and where we may least expect it, if we are open to receiving it. As always, SARK's simple artwork and scribbled text make readers feel like they've received a secret note from their best friend in the middle of a tedious class. Agents, Debra Goldstein and Mary Ann Naples, Creative Culture. (May 2) Forecast: The peerless author of 10 books, including *Succulent Wild Woman* and *Living Juicy*, has attracted a devoted following and licensed an impressive array of tie-in posters, stationery, calendars and totebags available online and in bookstores. Like her previous books, this one will win robust sales and enthusiastic fans with the help of a 14-city tour on which she will conduct mini-workshops in bookstores and related venues.

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Review

Rob Breznsky author of *The Televisionary Oracle* I declare SARK Supreme Master Doctor of Nourishing Bliss.

Lou Paget author of *How to Be a Great Lover* Anyone who wants pleasure in their heart and soul, will cherish SARK's guided journey.

About the Author

SARK (Susan Ariel Rainbow Kennedy) is an author/artist and acclaimed teacher on the subject of creativity. She was featured on the PBS series *Women of Wisdom and Power*. She is a recovering procrastinator and perfectionist who practices what she teaches and lives in a Magic Cottage in San Francisco with her "fur husband" cat, Jupiter. You can visit her website at PlanetSark.com.

Users Review

From reader reviews:

Aaron Mullen:

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like reading through a book? Sometime, man or woman feel need book once they found difficult problem as well as exercise. Well, probably you'll have this Eat Mangoes Naked: Finding Pleasure Everywhere (and dancing with the Pits).

David Barthel:

Information is provisions for individuals to get better life, information presently can get by anyone at everywhere. The information can be a understanding or any news even an issue. What people must be consider if those information which is within the former life are difficult to be find than now's taking seriously which one is suitable to believe or which one the actual resource are convinced. If you receive the unstable resource then you buy it as your main information you will have huge disadvantage for you. All those possibilities will not happen inside you if you take Eat Mangoes Naked: Finding Pleasure Everywhere (and dancing with the Pits) as your daily resource information.

Jessica Sarmiento:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity here is look different you can read the book. It is really fun for you personally. If you enjoy the book that you read you can spent all day long to reading a book. The book Eat Mangoes Naked: Finding Pleasure Everywhere (and dancing with the Pits) it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to bring this book you can buy typically the e-book. You can m0ore very easily to read this book from your smart phone. The price is not very costly but this book has high quality.

Nick Peoples:

Eat Mangoes Naked: Finding Pleasure Everywhere (and dancing with the Pits) can be one of your basic books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to place every word into joy arrangement in writing Eat Mangoes Naked: Finding Pleasure Everywhere (and dancing with the Pits) yet doesn't forget the main stage, giving the reader the hottest and based confirm resource details that maybe you can be one among it. This great information can easily drawn you into fresh stage of crucial considering.

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