

“Lyrical. Poignant. Funny. Captures the essence of living as a perpetual outsider in Israel.” Sarah Tuttle-Singer, author of *Jerusalem, Drawn and Quartered*

American-born Jennifer traces her journey—both on and off the yoga mat—reckoning with her adopted country (Israel), midlife hormones (merciless), cross-cultural marriage (to a Frenchman) and their imminent empty nest (a mixed blessing), eventually realizing the words her yoga teachers had been offering for the past twenty-three years: root down into the ground and stay true to yourself. Finally, she understands that home is about who you are, not where you live. Written in experimental chapterettes, *Landed* spans seven years (and then some), each punctuated with chakra wisdom from nationally-acclaimed Rodney Yee, her first teacher.