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Balancing Acts: A Novel

By Zoe Fishman



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“Anyone who has wondered, ‘Now what?’ about her life will relate to Zoe Fishman’s ebullient and wise novel *Balancing Acts*. The pages flew by.”

—Valerie Frankel, author of *Thin Is the New Happy*
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Zoe Fishman’s *Balancing Acts* is a must for fans of *The Friday Night Knitting Club*, *The Reading Group*, *The Jane Austen Book Club*, and *Girls in Trucks*. The charming and poignant stories of four former college friends going through mid-life crises who help each other balance their former dreams with their present lives through the power of yoga and friendship, *Balancing Acts* brims with wit, sensitivity, and wisdom—with characters women readers can really relate to and take into their hearts.



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Editorial Review

From Publishers Weekly

Fishman strikes the right balance in her warm-fuzzy debut of rekindled friendship and self-empowerment. When four women who'd gone to college together run into each other at an alumni mixer, an instant bond is formed as Charlie convinces Bess, Naomi, and Sabine to join a beginner yoga class for just the four of them at her Brooklyn yoga studio. During the six weeks of class, the foursome proves to be easy to relate to as each discovers the strength to overcome some obstacle in their life. Bess has hard news aspirations, but is stuck peddling celebrity news at a gossip rag. Single mom Naomi has shuttered her photography career for better-paying Web design work. Sabine has worked at the same publishing house since graduation, shelving her desire to be an author. And though Charlie has taken the leap from her Wall Street career to business owner and yoga instructor, she's weighed down by the hurt left by an ex-boyfriend. It's perfectly adequate if not especially distinguished from the trove of other books of female friendship, bonding, and weathering the vicissitudes of life with a little help from a hobby. (Mar.)

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From [Booklist](#)

When Charlie decides to leave her high-paying job as a Wall Street banker to open her own yoga studio in Brooklyn, her biggest obstacle isn't convincing her friends and family that she's not crazy, but finding customers to keep her in business. At her college's 10-year reunion, she reconnects with three prime would-be customers: Naomi, the former queen of the Upper East Side and hot photographer who now finds herself a single mother without inspiration; Sabine, a cheesy book editor who still hasn't written the novel she has always meant to write; and Bess, who finds herself writing bitchy captions for a tabloid rather than investigating the real news. Charlie signs them all up for beginners yoga, where they learn to lean on each other as they deal with the disappointments in their lives and begin to make some serious changes. Fishman combines humor and brutal honesty as she keeps four story lines going and tracks the growing friendship among the women. --Claire Orphan

Review

"Anyone who has wondered, 'Now what?' about her life will relate to Zoe Fishman's ebullient and wise novel *Balancing Acts*. The pages flew by and I was sad when my time with these great characters ended—but not too sad to try some yoga." (Valerie Frankel, author of *Thin Is the New Happy*)

Users Review

From reader reviews:

Michael Colburn:

This *Balancing Acts: A Novel* book is simply not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is usually information inside this e-book incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This *Balancing Acts: A Novel* without we understand teach the one who examining it become critical in imagining and analyzing. Don't be worry *Balancing Acts: A Novel* can bring whenever you are and not make your handbag space or bookshelves' turn out to be full because you can have it in your lovely laptop even cellphone. This *Balancing Acts: A Novel* having great arrangement in word and layout, so you will not feel uninterested in reading.

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