



Fishing on Facebook: A Writing Yoga Memoir

Suza Francina

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Like millions of other men and women, renowned author and yoga teacher Suza Francina is a Facebook user. One evening she received a friend request from an Adam Johnson. Having known him years before, she accepted. And so began a roller-coaster journey of romance and intrigue.

Fishing on Facebook: A Writing Yoga Memoir, is the revealing recounting of that journey, drawn from Francina's practice of daily journal writing. "When I write, I feel freedom coming. The circumstances of my life have not changed, but the doors of perception open. In this way, writing and yoga are tools for 'peeling the onion.' Both practices hold the potential to reveal a core of truth often hidden deep inside us. And although keeping a journal might not keep us from falling over the edge, it can help us land in a more honest place."

Based on Adam's impressive online persona and their many common interests, the Facebook friendship with Adam evolved quickly into dating. Francina discovered that it doesn't matter how old you are, or whether you are a yoga teacher or a pole dancer---the illusion of love is universal and ageless. "Dating when you're sixty," she declares, "is virtually identical to dating when you're sixteen."

Written in a style both witty and insightful, Fishing on Facebook begins with Francina's honest assessment of self after her first momentous date with Adam Johnson: Today I dipped my toe into the muddy waters of relationship. I hardly know this man, and already he's causing trouble and disturbing my tranquility. The only way I'm going to survive seeing him and not drown in a pool of unconsciousness and all my primal sexual longing, hopes, and projections is to write about it every day.

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