

EAT PRAY LOVE

Elizabeth Gilbert

Teacher	Lisa Chang(張淑萍老師)
Book	EAT PRAY LOVE
Editor	Elizabeth Gilbert
Publisher	Penguin Pr
Publishing Date	2010/6/29
Paperback	445
Price	221
Content Introduction	<p>This book is like an author's travel notes. It string of 108 tales is further divided into three sections about Italy, India and Indonesia- the three countries she visited during the year of self-inquiry.</p> <p>Elizabeth Gilbert had everything a modern American woman was supposed to want, but instead of feeling happy and fulfilled, she felt consumed by panic and confusion. Then she took one year to travel and explore what she really wanted. Finally, she found out successfully pleasure in Italy, devotion in India, and on the Indonesian island of Bali, a balance between worldly enjoyment and divine transcendence.</p> <p>If you are confused about your life and want to figure out what you really need, the book is a great choice to read.</p>

Abstract

The author of this book –Elizabeth Gilbert who is an award-winning writer of both fiction and nonfiction. And she is the author most recently of the #1 *New York Times* hardcover bestseller *Committed: A Skeptic Makes Peace with Marriage*. In 2008, *Time magazine* named Gilbert one of the one hundred most influential people in the world.

There are three sections and 108 tales in this book. The three sections were three countries she visited. They were Italy, India and Indonesia. It's about a woman who had everything a modern American woman was supposed to want, but instead of feeling happy and fulfilled, she felt consumed by panic and confusion. So she gave herself one year to travel around the three countries, looked for and experienced what she really wanted and lost. Through experienced these three countries, she finally found out the true meanings of her life and enjoyed it.

EAT PRAY LOVE

Nowadays, the life is not as the same as before in our society. It's full of busy, nervous and fast steps around us. So sometimes when you feel tired or confused about your life, what would you do? What do you think? Do you use the right way to release your pressure or unhappy feeling? Or do you just complain about your life? Don't worry, maybe you should slow down your steps and enjoy this book. After reading this book, you will realize deeply what you really want.

There are three parts in this book, so I will introduce the following countries where the author traveled. Meanwhile, during traveled these three countries, what happened in her life.

I. Italy

Liz is a woman who has everything a modern American woman was supposed to want- husband, country home, successful career and so on. She ought to be happy for owing that, but she doesn't. She has some trouble and she has to do something different to change her daily life. At one time, she visited Bali on business and she met a medicine man- Ketut Liyer. He told Liz that she will lose everything, but then she will earn it all back. Besides, she will travel for three countries someday, and then she will come back to see him. After Liz went back to New York, she thought for a long time and decided to make the important decision. She divorced and lost everything. But she still gave herself one year to travel and looked for the happy in her mind she lost.

The first step was Italy. Italy represented delicious food. You don't have anything to do, instead of tasting delicious food. In Italy, Italians have a special word : *Bel far niente*, It means the beauty of nothing to do. Traditionally speaking, there were a lot of diligent persons in their life. They called them: *braccianti*. Although in the hard-working background, they still have a dream that is the beauty of nothing to do. On the other hand, they have an art of something out of nothing. They called it: *l'arte d'arrangiarsi*. It means turn something easy materials to yummy dishes. Here, Liz learned how to treat herself well and didn't need to be bothered in the traditional restriction. I think she really finds out her happiness here.

II. India

The second step – India. India stands for praying and meditation. Here, by meditating every morning, Liz learned how to communicate with herself and the universe.

And listened the beautiful voice in her mind. Finally, she knew the reasons why she often cried at night and lived so depressed.

III. Indonesia

In Bali, when you are walking down the road and you pass a stranger, the very first question he or she will ask you is, “Where are you going?” The second question is, “Where are you coming from?” And the third question is, “Are you married?” They just want to try to get an orientation on you, try to insert you into the grid for the purposes of security and comfort. Here, Liz got a balance between worldly enjoyment and divine transcendence.

In this book, we can see the conversation between Liz and her mind. At first, she lived unhappily and every night she felt so depressed, but she didn't give up. She listened her mind carefully and then made the vital decision. Meanwhile, she took one year to realize and experience the meaning of her life. Finally, she really got the answer. She figured out the balance of her ideal life.

Every day, we always work hard and live in a busy life. But it seems that we also have something we lost or miss. Do you really feel happy about your life? Or not? The answer maybe is yes or no, everybody's answer is not the same. The only we can sure is that you have to listen to your heart and know what's the desire and need in your mind, and then you just can know what is really happy. Now, maybe you need to calm down your mind, think and listen for a while. Wish you can find out what you really want.