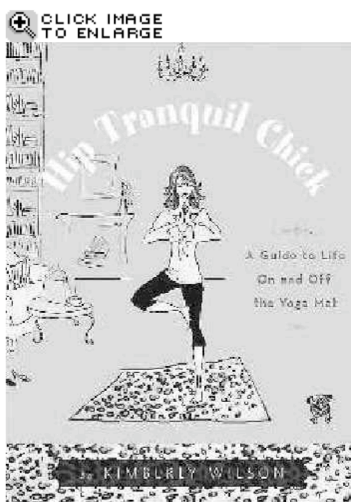


LIFE/TRAVEL

A guide to tranquillity



You have a friend who just seems so together all the time – she's busy but not frazzled, well-dressed and friendly, she throws great little parties and never seems to lose her cool. You ask, "Girlfriend, how do you do it?"

Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat (Inner Ocean Publishing, \$16.95) is Kimberly Wilson's response to that question. Ms. Wilson founded Tranquil Space, a yoga studio in Washington, D.C., and evidently is both tranquil and fabulous, in a leopard-print-and-bubble-baths way. The book is printed in black, white and hot pink, if that tells you anything.

Hip Tranquil Chick is ambitious, covering clothing and money, parties and social consciousness, career and home decoration – all in fewer than 200 pages. Oh, yes, and yoga, including a selection of yoga sequences for various moods, including "Healing Hip Openers," "Negativity-Releasing Heart Openers" and "Rejuvenating Poses." Unfortunately, the instructions aren't always easy to follow, and some poses are not included in the book's little glossary of illustrations.

The book is full of sidebars, lists of resources, "Omwork" (i.e., "Resolve to indulge in at least one small, self-nurturing act each week"), and Tranquil Tips (i.e., give away one piece of clothing for each one you buy).

Actually, the frenetic pace of the book is anything but tranquil; however, overstretched women are bound to find useful ideas amid the chatter.

Sophia Dembling