



## Holy Cow: An Indian Adventure

By Sarah Macdonald

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### **Holy Cow: An Indian Adventure** By Sarah Macdonald

In her twenties, journalist Sarah Macdonald backpacked around India and came away with a lasting impression of heat, pollution and poverty. So when an airport beggar read her palm and told her she would return to India—and for love—she screamed, “Never!” and gave the country, and him, the finger.

But eleven years later, the prophecy comes true. When the love of Sarah’s life is posted to India, she quits her dream job to move to the most polluted city on earth, New Delhi. For Sarah this seems like the ultimate sacrifice for love, and it almost kills her, literally. Just settled, she falls dangerously ill with double pneumonia, an experience that compels her to face some serious questions about her own fragile mortality and inner spiritual void. “I must find peace in the only place possible in India,” she concludes. “Within.” Thus begins her journey of discovery through India in search of the meaning of life and death.

*Holy Cow* is Macdonald’s often hilarious chronicle of her adventures in a land of chaos and contradiction, of encounters with Hinduism, Islam and Jainism, Sufis, Sikhs, Parsis and Christians and a kaleidoscope of yogis, swamis and Bollywood stars. From spiritual retreats and crumbling nirvanas to war zones and New Delhi nightclubs, it is a journey that only a woman on a mission to save her soul, her love life—and her sanity—can survive.

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## Holy Cow: An Indian Adventure By Sarah Macdonald Bibliography

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### Editorial Review

#### From Publishers Weekly

Australian radio correspondent Macdonald's rollicking memoir recounts the two years she spent in India when her boyfriend, Jonathan, a TV news correspondent, was assigned to New Delhi. Leaving behind her own budding career, she spends her sabbatical traveling around the country, sampling India's "spiritual smorgasbord": attending a silent retreat for Vipassana meditation, seeking out a Sikh Ayurvedic "miracle healer," bathing in the Ganges with Hindus, studying Buddhism in Dharamsala, dabbling in Judaism with Israeli tourists, dipping into Parsi practices in Mumbai, visiting an ashram in Kerala, attending a Christian festival in Velangani and singing with Sufis. Paralleling Macdonald's spiritual journey is her evolution as a writer; she trades her sometimes glib remarks ("I've always thought it hilarious that Indian people chose the most boring, domesticated, compliant and stupidest animal on earth to adore") and 1980s song title references (e.g., "Karma Chameleon") for a more sensitive tone and a sober understanding that neither mocks nor romanticizes Indian culture and the Western visitors who embrace it. The book ends on a serious note, when September 11 shakes Macdonald's faith and Jonathan, now her husband, is sent to cover the war in Afghanistan. Macdonald is less compelling when writing about herself, her career and her relationship than when she is describing spiritual centers, New Delhi nightclubs and Bollywood cinema. Still, she brings a reporter's curiosity, interviewing skills and eye for detail to everything she encounters, and winningly captures "[t]he drama, the dharma, the innocent exuberance of the festivals, the intensity of the living, the piety in playfulness and the embrace of living day by day...—he drama, the dharma, the innocent exuberance of the festivals, the intensity of the living, the piety in playfulness and the embrace of living day by day."

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#### From Booklist

Australian MacDonald didn't fall in love with India her first time there, at age 21. So when her boyfriend, Jonathan, a reporter for ABC, is sent there for work, she reluctantly follows after a year of separation. At first, life in India is as bad as she remembered it--overcrowded, smoggy, disturbing. A serious bout of pneumonia puts her in an Indian hospital, but as she recovers, she begins to make friends in India and to understand the culture. She finds herself attending lavish Indian weddings and trying to comfort her friend Padma, whose mother commits suicide after Padma marries without her permission. MacDonald makes an effort to understand the many diverse religions of the area, including taking a 10-day sojourn in a Buddhist temple and discussing religion with Hindus, Sikhs, Muslims, and even a group of visiting Israelis. With Jonathan, she takes a trip to war-torn Kashmir, an area that is at once achingly beautiful and devastatingly dangerous. A lively, snappy travelogue. *Kristine Huntley*

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#### Review

"A wonderfully honest and soul-searching book . . . Macdonald writes with clarity and humor about India and its many paths to enlightenment." —Travel (Australia)

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##### Arlie Carrillo:

Your reading sixth sense will not betray you, why because this *Holy Cow: An Indian Adventure* e-book

written by well-known writer who really knows well how to make book that could be understand by anyone who also read the book. Written within good manner for you, dripping every ideas and composing skill only for eliminate your own personal hunger then you still uncertainty Holy Cow: An Indian Adventure as good book but not only by the cover but also with the content. This is one reserve that can break don't judge book by its include, so do you still needing an additional sixth sense to pick this particular!? Oh come on your reading sixth sense already told you so why you have to listening to a different sixth sense.

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#### **Antonio Nelson:**

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