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News Release

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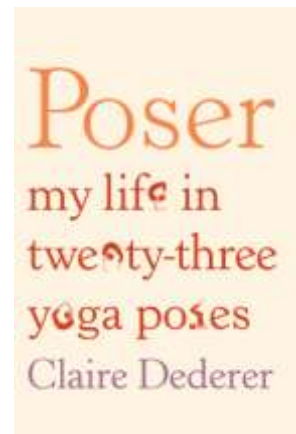
March 3, 2011

“Poser: My Life in 23 Yoga Poses” Author Claire Dederer talks about new memoir

Claire Dederer will read from and talk about her new book, “[Poser: My Life in 23 Yoga Poses](#),” at the [Olympia Timberland Library](#) on Friday, March 18 from 7 to 8:30 p.m. Copies of the book, published this January by Farrar, Straus and Giroux, will be available for purchase. The talk is an after-hours event; no other library services will be available.

Ten years ago, when Dederer put her back out, “...everyone from the woman behind the counter at the co-op to the homeless guy on the corner” suggested she try yoga. She was skeptical, but signed up for a class and fell in love. Each chapter of Dederer’s book is named for the 23 yoga poses she strived to perfect, but the book is mostly a witty, deeply searching look at her life as “the perfect all-organic mom,” daughter, friend and wife living in north Seattle in the late 1990s. Dederer found that the deeper she went into the poses, the more she questioned her most basic ideas about her relationships.

Poser is Dederer’s first book. Her writing includes criticism, reporting, and the personal essay. She is a longtime contributor to The New York Times. Her articles have appeared in Vogue, Real Simple, The Nation, New York, Yoga Journal, on Slate and Salon, and in newspapers across the country. Before becoming a freelance journalist, she was the chief film critic at Seattle Weekly. A fourth-generation Seattle native, Dederer lives on Bainbridge Island with her family. Her website is www.clairedederer.com.



The Olympia Timberland Library is at 313 8th Avenue SE, Olympia. For more information, call the library at (360) 352-0595 or go to www.TRL.org.

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