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[Sex, Drugs and Meditation by Mary-Lou Stephens](#)
Sex, Drugs and Meditation is ABC radio journalist Mary-Lou Stephens first book. This memoir about personal transformation has an unusual structure. A ten-day silent meditation retreat provides the frame and the backdrop to her story.

[Sex, Drugs and Meditation, A Memoir by Mary-Lou Stephens ...](#)

Sex, Drugs and Meditation is a tale of learning to sit still, shut up and gain wisdom. It is a woman-against-the-odds scenario. But rather than travelling to the Third World or battling drought and pestilence on the farm, Mary-Lou must take the hardest path of all: to confront and overcome, once and for all, the darkness within.

[Sex, Drugs and Meditation by Mary-Lou Stephens OverDrive ...](#)

Mary-Lou Stephens (Author) Mary-Lou was born and raised in Tasmania. She studied acting at The Victorian College of the Arts and played in bands in Melbourne and Sydney before she got a proper job in radio.

[Sex, Drugs and Meditation: How One Woman Changed Her Life ...](#)

Sex, Drugs, & Meditation is a poignant illustration of how we are very often our own worst enemy. I look forward to reading more from Mary-Lou Stephens. I look forward to reading more from Mary-Lou Stephens.

[Mary-Lou Stephens | LibraryThing](#)

Mary-Lou Stephens, author of Sex, Drugs and Meditation, on LibraryThing LibraryThing is a cataloging and social networking site for booklovers Home Groups Talk Zeitgeist

[Sex, Drugs and Meditation A journey to Self! | Cauldrons ...](#)

It's called Sex, Drugs and Meditation A Memoir, and it's the debut title of Mary-Lou Stephens, an Australian writer. Mary-Lou writes about the struggles she endures at a ten-day Vipassana Meditation Retreat (for those of you who don't know, this is a Buddhist practice of ten days of seated meditation and reflection done in complete silence).

[Sex, Drugs and Meditation \(Magic\)](#)

My book is magical and just a bit spooky.

[Sex, Drugs and Meditation | Female.com.au](#)

Sex, Drugs and Meditation: Wickedly humorous and beautifully told, Sex, Drugs and Meditation is Eat Pray Love meets Judith Lucy. It is the true story of a woman with a talent for self-sabotage who learns to sit still, shut up and start living and loving.

[Sex, Drugs and Meditation: How One Woman](#)

Changed Her Life ...

Sex, Drugs and Meditation: How One Woman Changed Her Life, Saved Her Job and Found a Husband eBook: Mary-Lou Stephens: Amazon.com.au: Kindle Store . Skip to main content. Try Prime Kindle Store. Go Search Hello Sign in Your Account Your Account Try Prime Your Lists Cart. Shop by Department. Your Amazon.com.au Today's Deals Gift Cards Sell Customer Service. Kindle Books Kindle Unlimited NEW

Mary-Lou Stephens - About | Facebook

My first book Sex, Drugs and Meditation told the story of how meditation changed my life, saved my job and helped me find a husband. How To Stay Married, is the truth behind the happy ending; a journey from fear, resentment and financial devastation, to a place of love, joy and trust.

Amazon.com: Customer reviews: Sex, Drugs and Meditation

Find helpful customer reviews and review ratings for Sex, Drugs and Meditation at Amazon.com. Read honest and unbiased product reviews from our users.

Mary-Lou Stephens - YouTube

Words and Music from the author of Sex, Drugs and Meditation

Boxes Mary-Lou Stephens

Mary-Lou Stephens She has worked and played all over Australia and now lives on the Sunshine Coast with her husband, their dog and a hive of killer native bees. Her meditation memoir, Sex, Drugs and Meditation has recently been released by Pan Macmillan.

Mary-Lou Stephens | HuffPost

Mary-Lou Stephens has been many things in her life including a musician, a songwriter, an actor, a radio presenter and an author. Her memoir Sex, Drugs and Meditation was published in 2013 by Pan Macmillan. **Sex, Drugs and Meditation from the heart of Mary-Lou**

...

Sex, Drugs and Meditation - A Memoir is more than a clever title, it lists accurately the key elements of a story that could only be told, Mary-Lou says, because it has a happy ending.