

## CHAPTER IV

### CONCLUSION

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Before *Eat, Pray, Love* becomes a movie and a travel tour, it was a memoir by the award winning writer Elizabeth Gilbert, whose story of losing and finding herself resonates with just about every woman who looks in the mirror. This novel is an intensely articulate and moving memoir of self discovery. *Eat, Pray, Love* is about what can happen when we claim responsibility for our own contentment and stop trying to live in imitation of society's ideals. Her ventures bring forth painful lessons, self-discoveries and resonating truths. It is certain to touch anyone who has ever woken up to the unrelenting need for change. This novel speaks to the inner truth – seeker in all of us.

It shows us that everybody deserves to be happy. Anyone has no right to take away our happiness and we are not supposed to rely our happiness to somebody else. This is also meant that we could not blame anybody else for our unhappiness. Liz might not be aware about this condition when she jumped on marriage life. She was in love with her former husband. She may be aware that marriage is a life commitment but probably she did not aware that marriage means build a future and a family with a man who was a complete stranger before they met. Build a future and family does not only mean to be a wife but also prepare herself to be a mother, a nature destiny that women brings since when they were in their mother's womb. However, Liz denies this special fate. She clearly does

not want to be pregnant. She is completely scared with motherhood. She did not even communicate it with her ex-husband and those arguments and fights shook the relationship they had built for years.

However, it is not completely Liz's fault. She was trying so hard to stay but then she knew that she could not stay any longer because it made her miserable. She yearns to find something to complete her and she would never find it if she stayed. Therefore, she decided to divorce his husband and sacrificed material things she had to pursue happiness.

Liz proves to the world that happiness is worth fighting for and there are sacrifices to be made. People tend to stay wherever they are although they are not happy just because they are afraid of the consequences it brings. Liz teaches us that happiness is achievable with efforts. We would not find a true happiness if we only count on somebody else and expect their validation to make us happy. It will only leave empty feelings if we keep giving to the persons we love without loving ourselves first that will end up in unsatisfactory and unhappiness. Liz shows us that there is nothing wrong to be different and break the dogma of how we supposed to behave. Just like in a love relationship, there is always at least someone who will be hurt just so the other persons can be together, but this is life. There are of course, people who will be hurt by our behaviour, judge and hate us for what we do. But most of the times their judgement is not important. What important is we do the right things that are right to do and use their critics as a motivation to be a better person. It is not about being selfish; it is all about how to

be happy. No matter what, we are all responsible for our own happiness. All human beings naturally desire happiness (Plato; 300 BCE).

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## SYNOPSIS

In her early thirties, Elizabeth Gilbert had everything a modern American woman was supposed to want--husband, country home, successful career - but instead of feeling happy and fulfilled, she felt consumed by panic and confusion. This wise and rapturous book is the story of how she left behind all these outward marks of success, and of what she found in their place.

The book begins with Elizabeth lying on the bathroom floor of her house in New York and crying for the 47th consecutive night. She feels the overwhelming need to be free – from her marriage, without fuss. After an ugly divorce and a doomed love affair on the rebound, Elizabeth is a wreck; and completely broke. Following a divorce and a crushing depression, Gilbert set out to examine three different aspects of her nature, set against the backdrop of three different cultures: pleasure in Italy, devotion in India, and on the Indonesian island of Bali, a balance between worldly enjoyment and divine transcendence. Leaving New York behind, she sets forth on a trip to Italy, India and Indonesia.

The section on Italy is mouth watering - savouring a simple Italian meal with wine and tiramisu for dessert on her first day in Rome, roaming around the streets with frequent cappuccino and gelatto refreshment breaks, and joining an Italian language class for no practical reason but simply to roll the sounds over her tongue and revel in the texture of the mellifluous language. Leaving Italy, plumper and happier, she is all ready for her four months of meditation in India.

These four months are spent in a Guru's ashram near Mumbai. Having grown up in a non-religious family, she approaches the road to spiritual enlightenment with a fair degree of scepticism. Now at the ashram, she is keen to practice yoga and find God. By seeking what she had come for, Elizabeth moves on, calm and grateful, to the final destination of her journey.

In Bali, Elizabeth interacts with a few local Balinese and her impetuous involvement in their personal lives is quirky and amusing. The book then meanders into Elizabeth's romantic dalliance with a Brazilian and ends with her finding true love.

Her reaction about her problems is she decided to travel to three countries Italy, India, and Indonesia where she wants to indulge her life with pleasure (eat), spirituality (pray), and harmony (love) where she can learn how to balance the two of it. There are times when she is down and feel very vulnerable but at the end she survives.

Bali is where Liz found her real happiness. She has discovered what happiness is. She has a balance life and enjoys every moment when she lives in Bali, meeting with Wayan, learn more deeply about meditation and finally finds her love, Felipe. Although at first she does not want to involve in romantic relationship again after the last two, she finally opens up herself to learn to love again as she realizes this is the ultimate moment, her end of journey of seeking happiness.

## **BIOGRAPHY**

Elizabeth Gilbert was born in Waterbury, Connecticut in 1969, and grew up on a small family Christmas tree farm. She attended New York University, where she studied political science by day and worked on her short stories by night. After college, she spent several years travelling around the country, working in bars, diners and ranches, collecting experiences to transform into fiction. These explorations eventually formed the basis of her first book – a short story collection called *Pilgrims*, which was a finalist for the PEN/Hemingway award, and which moved Annie Proulx to call her “a young writer of incandescent talent”.

During these early years in New York, she also worked as a journalist for such publications as *Spin*, *GQ* and *The New York Times Magazine*. She was a three-time finalist for The National Magazine Award, and an article she wrote in *GQ* about her experiences bar-tending on the Lower East Side eventually became the basis for the movie *Coyote Ugly*.

In 2000, Elizabeth published her first novel, *Stern Men* (a story of brutal territory wars between two remote fishing islands off the coast of Maine) which was a *New York Times* Notable Book. In 2002, Elizabeth published *The Last American Man* – the true story of the modern day woodsman Eustace Conway. This book, her first work of non-fiction, was a finalist for both the National Book Award and the National Book Critics Circle Award.



Elizabeth is best known, however for her 2006 memoir *Eat Pray Love*, which chronicled her journey alone around the world, looking for solace after a difficult divorce. The book was an international bestseller, translated into over thirty languages, with over 10 million copies sold worldwide. In 2010, *Eat Pray Love* was made into a film starring Julia Roberts. The book became so popular that *Time Magazine* named Elizabeth as one of the 100 most influential people in the world.

In 2010, Elizabeth published a follow-up to *Eat Pray Love* called *Committed*—a memoir which explored her ambivalent feelings about the institution of marriage. The book immediately became a Number One *New York Times* Bestseller, and was also received with warm critical praise. As *Newsweek* wrote, *Committed* “retains plenty of Gilbert’s comic ruefulness and wide-eyed wonder”, and NPR called the book “a rich brew of new-found insight and wisdom.”

Her latest novel, *The Signature of All Things*, published in Autumn 2013, is a sprawling tale of 19th century botanical exploration. *O Magazine* named it “the novel of a lifetime”, and the *Wall Street Journal* called it “the most ambitious and purely-imagined work of (Gilbert’s) twenty-year career.” *Elle Magazine* said, “Looks like Gilbert keeps raising on the bar.” *The Signature of All Things* was a *New York Times* Bestseller, and Janet Maslin called it “engrossing...vibrant and hot-blooded.” The novel was named a Best Book of 2013 by *The New York Times*, *O Magazine*, *The Washington Post*, *The Chicago Tribune*, and *The New Yorker*.”

Elizabeth Gilbert lives in the small river town of Frenchtown, New Jersey, where she and her husband (more widely known as “That Brazilian Guy From Eat Pray Love”) run a large and delightful imports store called Two Buttons.