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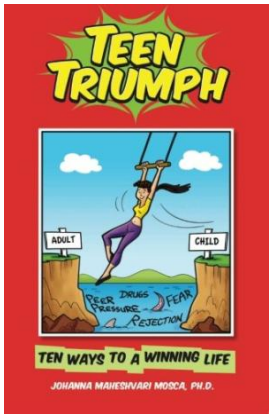

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Teen Triumph: 10 Ways to a Winning Life brings the wisdom of ancient Yoga sages to empower teenagers to handle life s ups and downs. The book has an upbeat voice and lots of fun illustrations to demonstrate ten basic Yoga principles for maintaining well-being throughout life s challenges. The principles, shared by wandering sages...

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- Authored by Johanna Maheshvari Mosca Ph D
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