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Thrive Through Yoga: A 21-Day Journey to Ease Anxiety, Love Your Body and Feel More Alive (Paperback)

By Nicola Jane Hobbs

Bloomsbury Publishing PLC, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Whether you long to live with less stress, reduce anxiety, find the confidence to follow your dreams or simply find more happiness and meaning in your everyday life, Thrive Through Yoga will take you on a journey towards health, strength and freedom. Thrive Through Yoga unites ancient wisdom with modern psychology to create a revolutionary route to freedom from the anxieties and worries of 21st-century living. This life-changing 21-day journey maps out a clear path to healing and personal growth through daily yoga routines, heart-centred explorations and meditations. Find the inspiration, guidance and courage to let go of whatever is holding you back, transform struggle into strength, and grow as bold and brave and beautiful as you were born to be.



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