



EMOTIONAL YOGA

HOW THE BODY CAN HEAL THE MIND

BIJA BENNETT

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FOREWORD BY DEEPAK CHOPRA, M.D.

"A brilliant design for emotional and spiritual stability. Bija is—very simply put—a powerful, dynamic teacher."
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Emotional Yoga How The Body Can Heal The Mind

Thomas Griffiths



Emotional Yoga How The Body Can Heal The Mind:

Decoding **Emotional Yoga How The Body Can Heal The Mind**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Emotional Yoga How The Body Can Heal The Mind**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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