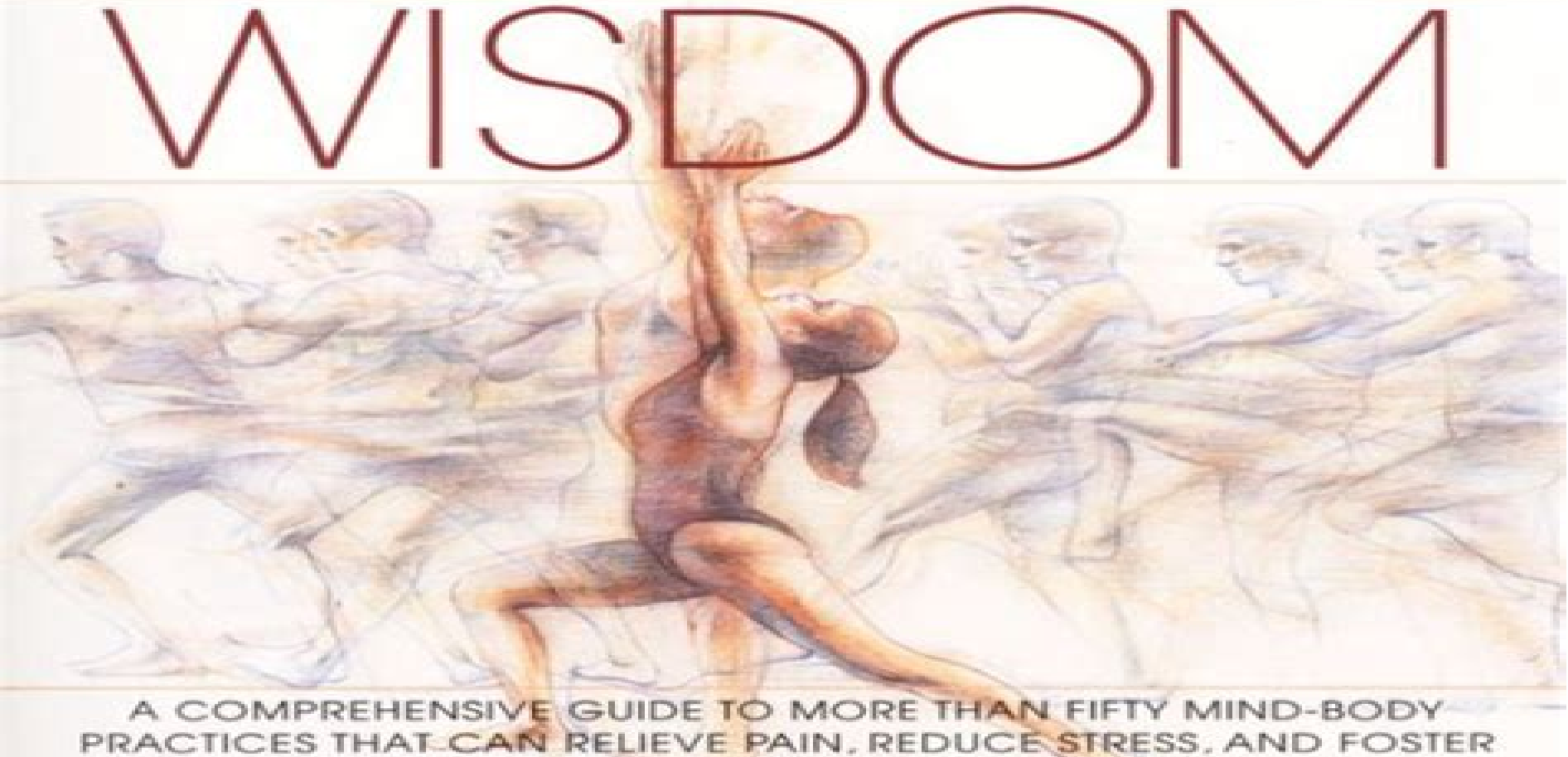


DISCOVERING THE BODY'S WISDOM



A COMPREHENSIVE GUIDE TO MORE THAN FIFTY MIND-BODY
PRACTICES THAT CAN RELIEVE PAIN, REDUCE STRESS, AND FOSTER
HEALTH, SPIRITUAL GROWTH, AND INNER PEACE

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