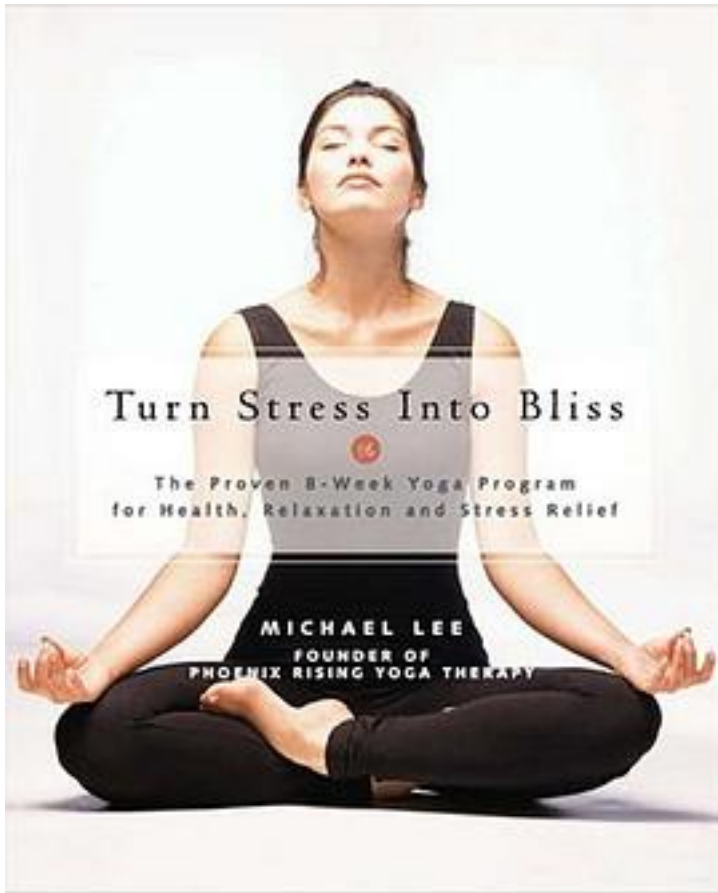


Turn Stress into Bliss



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Recently, Phoenix Rising Yoga Therapy, a well-respected certifying yoga school and organization, has created a program to help people reduce stress through yoga. The findings have been spectacular. The eight-week program has helped students find a 55% reduction in stress-related symptoms (mostly of a physical nature, such as upset

stomach, headache, etc.). These findings have already been reported in Yoga Journal.

Turn Stress Into Bliss is an at-home version of this proven program. The book includes a description of the course and its results, why it works, and then a complete eight-week program, including meditations, asanas, and lifestyle changes that readers can do on their own.

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