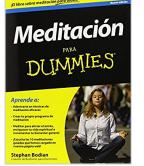
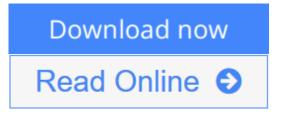
Meditacion para Dummies (Spanish Edition)



By Stephan Bodian



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Editorial Review

About the Author

Stephan Bodian, a licensed psychotherapist and former editor-in-chief of Yoga Journal, has practiced and taught meditation for over 40 years and has written extensively on meditation, stress management, and spirituality. His articles have appeared in Fitness, Cooking Light, Natural Solutions, and other national magazines.

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