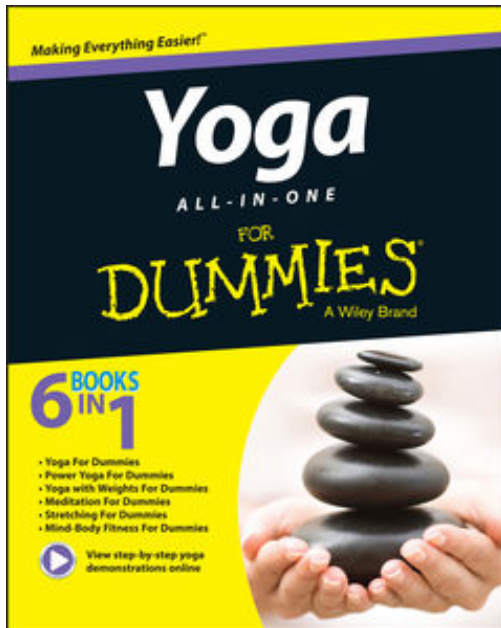


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Take a deep breath and dive into *Yoga All-In-One For Dummies* to find out how you can improve your health and your happiness by incorporating yoga into your daily routine.

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