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Your Metabolism And Feel Great By Tiffany
Cruikshank LAc MAOM**

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Meditate Your Weight: A 21-Day Retreat to Optimize Your Metabolism and Feel Great by Tiffany Meditate Your Weight, Cruikshank, Tiffany, 9781781807897 . In this book, the author, founder of Yoga Medicine, puts that scientific research to good, practical use by incorporating easy-to-use, targeted meditations into a

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An international yoga teacher, meditation expert, self-published author, and A 21-Day Retreat to Optimize Your Metabolism and Feel Great.

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