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About The Author James Hewitt is a former Fleet Street journalist who now writes full time. He has had thirty-five books published including: Teach Yourself Yoga, Teach Yourself Meditation and The Complete Relaxation Book.

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A former senior editor at O, The Oprah Magazine, Suzan Colon has written ten books, including the inspirational memoir Cherries in Winter: My Family’s Recipe for Hope in Hard Times (Doubleday, 2009) and Yoga Mind. Suzan has been practicing yoga for nearly twenty-five years and has been teaching since 2002, with certificates in basic and intermediate Hatha Yoga, Therapeutic Yoga, and Yoga for ...

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