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# CREATING A JOYFUL LIFE: THE LESSONS I LEARNED FROM YOGA AND MY MOM: A PERSONAL JOURNEY FOR AN AMAZING LIFE



Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Ladies, are you exhausted, stressed, feeling defeated and yet not even sure why you feel that way? You might be depressed, but you re not crazy. The ancient wisdom of yoga meets modern-day mom is what you ll find in a series of life lessons that helped a self-described average mother and wife find herself and fulfill her...

**Download PDF Creating a Joyful Life: The Lessons I Learned from Yoga and My Mom: A Personal Journey for an Amazing Life**

- Authored by Jennifer Williams-Fields
- Released at 2015



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