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author Larry Payne has a thriving practice as a Yoga teacher in Los Angeles where he teaches and responds to his clients specific health challenges In this book their combined 55 years of experience have merged to create a reliable and user friendly introductory book that can also serve you as a beginner s reference work on an ongoing basis Life, S Little Secrets & Shortcuts for Dummies Dummies Press,2001 3 100 ways to understand fix and enjoy just about everything under the sun Solve life s big problems in seconds **The Software Encyclopedia** ,1986 **The Utne Reader** ,1990-07

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