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Brain Yoga Health: The Transcendence Fast Track to Brain Body Fitness

By C. Richard Hulquist M. D.

Gramercy Park Publishing Company. Paperback. Book Condition: New. Paperback. 326 pages. Dimensions: 10.0in. x 7.0in. x 0.7in. Do You Need. . Stress relief Weight control Peace Better health Then YOU Need Brain Yoga! Brain Yoga Health discloses new medical research that mantra transcendence improves body and brain health to reduce depression, quell anxiety, control weight, curb hypertension, subdue addiction, regulate diabetes, improve memory, curtail insomnia, and lessen chronic pain. The power of transcendence has relieved stress and given peace of mind for over 3500 years, but it has been vexing to learn and hard to use in our modern culture. This obstacle is now corrected by Brain Yoga Health's streamlined transcendence method that empowers you not only with stress relief, but also improved health. Brain Yoga Health greatly simplifies transcendence to let you do it in a short time, in noisy places, and in all kinds of surroundings. The Brain Yoga Health technique is designed for busy, anxious, over-worked, distracted, multi-tasking people like you and me! Get control of your life with Brain Yoga! Critical Approval for Brain Yoga Health Brain Yoga Health discloses one more way to reverse the aging of our brains. Gary Small, M. D. , Professor, Director,...



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Reviews

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