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She is the author of 2013: End of Days or a New Beginning- Envisioning the World . Her first book The High Heeled Guide to Enlightenment has made her a . for students, including videos, guided audio meditations and reference manuals. .. His music is an ideal complement for meditation, yoga, massage and other

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students can be found engaged in a time management workshop, a yoga class, a sports medicine .. the beginning because she is na ve and has thought little.