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century living. This life-changing 21-day journey maps out a clear path to healing and personal growth through daily yoga routines, heart-centred explorations and meditations.

Thrive Through Yoga: A 21-Day Journey to Ease Anxiety ...

A revolutionary 21-day yoga and mindfulness plan to help free you from the anxieties and worries of modern life. Thrive Through Yoga is a revolutionary step-by-step guide to freedom that can help you become a happy, confident, and resilient person and free you from anxiety and stress. With heart-warming honesty Nicola shares her own story of how she triumphed over a mental illness that almost destroyed her and learned to thrive physically, emotionally, professionally, and financially with ...

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explorations and meditations. Find the inspiration, guidance and courage to let go of whatever is holding you back, transform struggle into strength, and grow as bold and brave and beautiful as you were ...

Thrive Through Yoga - Nicola Jane Hobbs

Thrive Through Yoga. A 21-Day Journey to Ease Anxiety, Love Your Body and Feel More Alive. By Nicola Jane Hobbs. Bloomsbury Publishing. ISBN: 9781472942999, Paperback, 192pages, Jan 2018. Yoga seems to have formed the backbone of my life, ever since I was a child and my parents taught Yoga in the living room.

A review of Thrive Through Yoga by Nicola Jane Hobbs

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A revolutionary 21-day yoga and mindfulness plan to help free you from the anxieties and worries of modern life. Thrive Through Yoga is a revolutionary step-by-step guide to freedom that can help you become a happy, confident, and resilient person and free you from anxiety and stress.

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