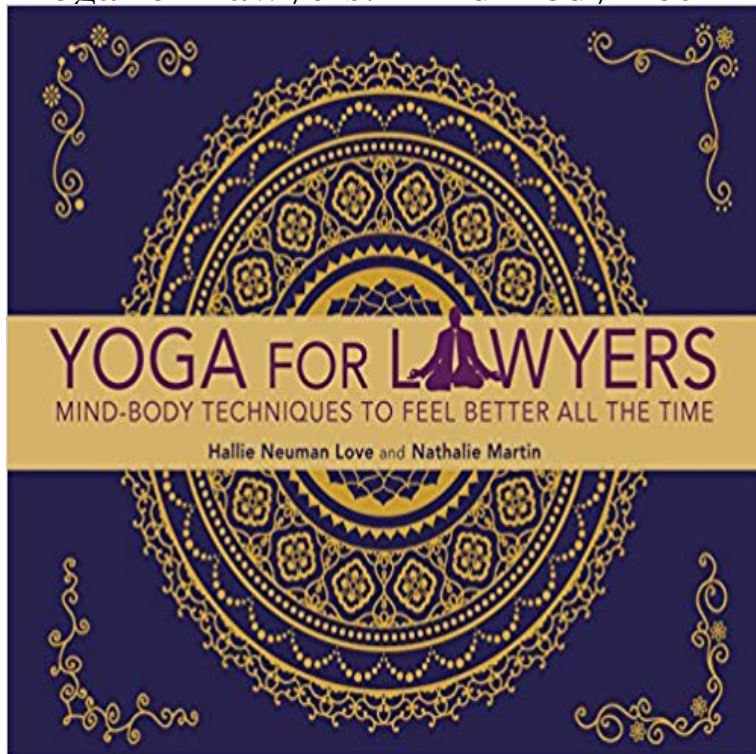


Yoga for Lawyers: Mind-Body Techniques to Feel Better All the Time



Lawyers are twice as likely to be alcoholics than the general population, and three times more likely to suffer a heart attack. Yoga for Lawyers is here to help! Written by lawyers, for lawyers, this is a short, user-friendly yoga book focused on effective ways to de-stress every day, throughout the day, in very little time. The featured meditative yoga techniques and safe therapeutic yoga stretches are medically proven to be healthy ways to relieve stress.

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