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Teen Triumph

By Johanna Maheshvari Mosca Ph D

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Teen Triumph: 10 Ways to a Winning Life brings the wisdom of ancient Yoga sages to empower teenagers to handle life s ups and downs. The book has an upbeat voice and lots of fun illustrations to demonstrate ten basic Yoga principles for maintaining well-being throughout life s challenges. The principles, shared by wandering sages for thousands of years before Christ, were recorded in Patanjali s Yoga Sutras and have been practiced worldwide for centuries. There are five principles for getting along well with others and five principles for making yourself the best person you can be. The book contains a lively review of each principle with potholes to avoid, tips to follow, reflection questions, and ways to contribute to others. Author, Johanna Mosca, a former, longtime high school English teacher, urges teens to develop inner strength. She guides teens to think positive, quickly release negativity, stay grateful, practice forgiveness, question their perceptions, contribute good energy, and like themselves every day. Dr. Mosca reminds teens that she is the messenger, bringing ancient wisdom to them,...



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Reviews

Most of these publication is the perfect ebook accessible. It is amongst the most awesome publication i have got read through. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for regarding in the event you request me).

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It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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