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The Daring to Rest Yoga Nidra Meditation Program: A 40-Day Journey to Break the Cycle of Fatigue and Restore Vitality, Purpose, and Power PDF



by Karen Brody : **The Daring to Rest Yoga Nidra Meditation Program: A 40-Day Journey to Break the Cycle of Fatigue and Restore Vitality, Purpose, and Power**

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Description :

PDF-dffd7 | When women are denied the rest they need—whether from social pressures and obligations, wanting to do too much in too little time, or a deeply rooted sense of guilt—they are cut off from the true source of their power. In her debut book *Daring to Rest*, Karen Brody came to the rescue of worn-out women everywhere with a transformative program for reclaiming rest through yoga nidra, the art of co... *The Daring to Rest Yoga Nidra Meditation Program: A 40-Day Journey to Break the Cycle of Fatigue and Restore Vitality, Purpose, and Power*

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