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Thrive Through Yoga unites ancient wisdom with modern psychology to create a revolutionary route to freedom from the anxieties and worries of 21st-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 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 A revolutionary 21-day yoga and mindfulness plan to help free you from the anxieties and worries of modern life.

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