



Yogawrite: 7 Days to a New You (Paperback)

By Jack Lehman

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This combines directed writings coupled with gentle stretching and meditative exercises that release truths about themselves, the writing process and what audiences and editors really want. Ideal for new as well as seasoned writers, teachers or those who want to explore their inner journey. Gain insight and some behind-the-scenes magic you can put to immediate use that will change your writing (and your life).



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