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The Way of the Happy Woman Living the Best Year of Your Life. Sara Avant Stover. 3.3, 35 Ratings; \$11.99; \$11.99; Publisher Description. Sara Avant Stover shows how simple, natural, and refreshingly fun practices can put women back in sync with their own cycles and those of nature. GENRE. Health, Mind & Body. RELEASED. 2011. April 27

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The Way Of Happy Woman

Pretty Happy: Healthy Ways to Love Your Body: Hudson, Kate ...

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The Way of the Happy Woman : Sara Avant Stover : 9781577319825

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The Way of the Happy Woman : Living the Best Year of Your ... The latest tweets from @wayofhappywoman

Sara Avant Stover is a teacher of feminine spirituality and empowerment, bestselling author, and founder of The Way of the Happy Woman ®. After a cancer scare in her early twenties, Sara moved to Thailand, embarked on a decade-long healing and spiritual odyssey throughout Asia, and has since gone on to uplift tens of thousands of women worldwide.

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Sara Avant Stover is an inspirational speaker, teacher, mentor, and the founder and director of The Way of the Happy Woman.(R) After a health scare in her early twenties, Sara moved to Thailand, where she embarked on an extensive healing and spiritual odyssey throughout Asia and served as one of the pioneer Western yoga teachers in that part of the world.

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Discover the key life ingredients that no happy woman can afford to live without. Through yin and yang yoga, mindfulness meditation, intuitive journaling, creative group practices, self-care essentials and sacred ritual, we will learn how to reclaim our unconditional health, happiness and feminine radiance.

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The Way Of Happy Woman

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