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The Science Of Yoga

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In his book The Science of Yoga: The Risks and the Rewards, New York Times science writer and long-time yoga practitioner William Broad investigates popular health claims about yoga that it

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Licht und Schatten von Yoga Rezension 'The Science of

Dem Pulitzerpreisträger William J. Broad waren schon mehrere Bestseller vergönnt. So wundert es nicht, dass auch sein Yoga-Buch "The Science of Yoga" ein Verkaufserfolg ist.

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