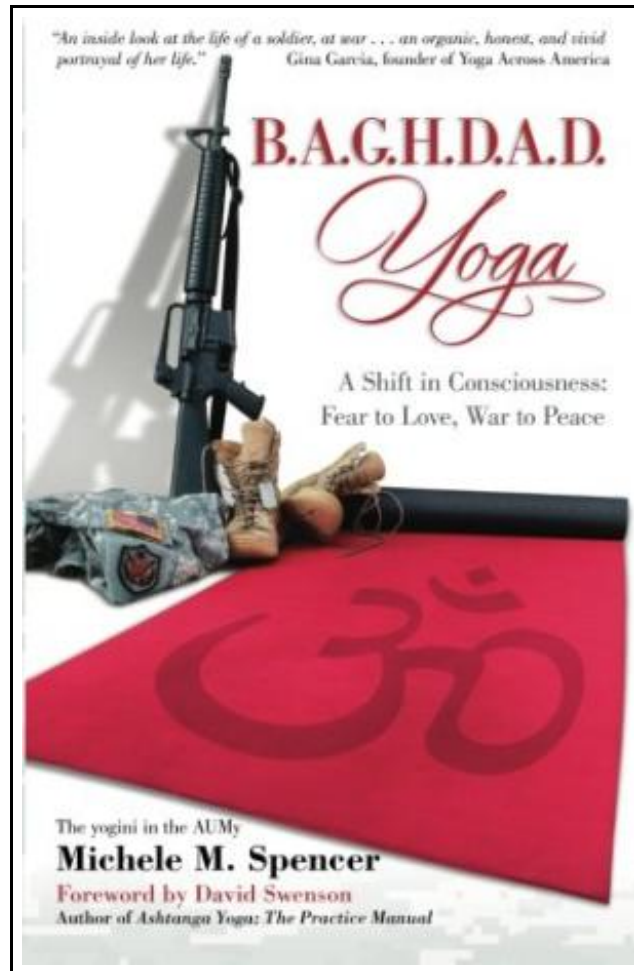


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## **B.A.G.H.D.A.D. YOGA: A SHIFT IN CONSCIOUSNESS: FEAR TO LOVE, WAR TO PEACE**



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Live4love, United States, 2013. Paperback. Book Condition: New. Ashlee Nichols (illustrator). 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In 2006 Army officer Michele M. Spencer shifted from stateside weekend warrior and yoga teacher to full-time soldier in Baghdad s Green Zone. In her inspirational memoir she shares the spiritual principles and mind-body practices that guided her through the combat stressors of war abroad and have given her the courage to lead a life of service as an agent of change at home. The acronym B.A.G.H.D.A.D. describes not an actual place but an empowering transformative journey to heal: Believe, Blessings, Balance Agent of Change, Awesome, Attitude Gratitude, Grace . . . it s ALL God! Heal your Heart, Harmony, Happy Dream, Dignity, Deepen Your Faith Awaken, Activism, Authenticity Death of the EGO: Destiny, Divinity! B.A.G.H.D.A.D. Yoga is interspersed with spiritual guidelines, mind-body techniques, anecdotes, and inspirational quotes as well as practical tips and strategies to cope with stress and be powerful beyond measure - whatever and wherever your war.

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