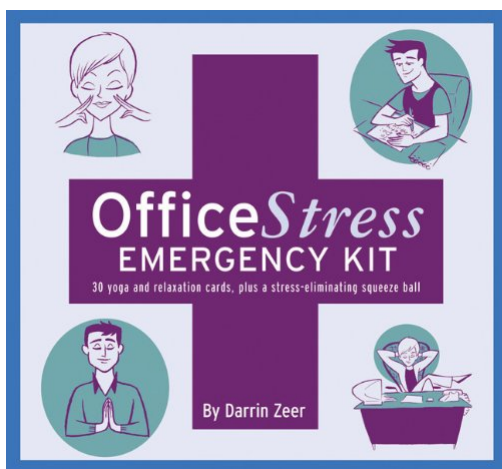


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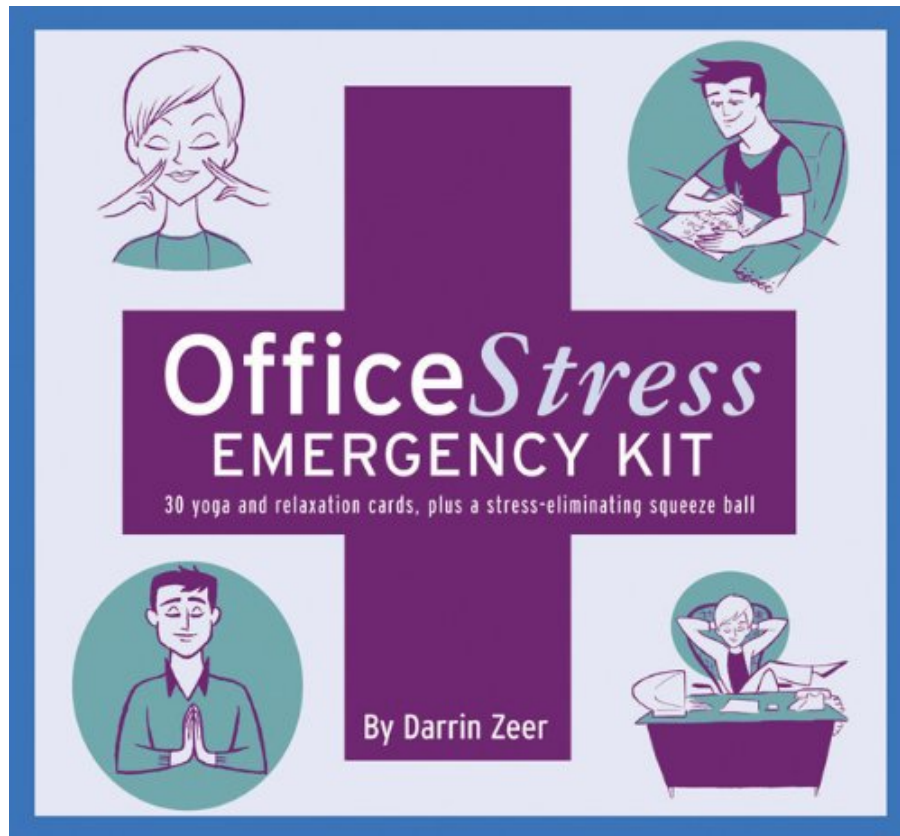
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About the Author

Darrin Zeer spent seven years in Asia studying the Eastern arts of healing. He currently divides his time between California and Hawaii. A writer and consultant to corporations such as Pixar, Golden Door Spa, and Four Seasons Resorts, he specializes in helping people become more calm, balanced, and effective in their work and personal lives. He is the author of Office Yoga .

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