



My Life in Yoga Pants

By Stephanie Haddad

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fiction author Stephanie Haddad steps out of her comfort zone to talk openly and honestly about herself, her life, and her view on some regular old life stuff. This collection of 15 brief essays is designed for reflection and thought, but also just for fun. There s also a bonus short story at the end-one a lot of parents should be able to relate to quite easily! Stephanie is not a health expert, life coach, or great thinker of her time-although that would be pretty fantastic. However, this book offers some of her thoughts, which will strike close to the heart for many women and mothers in particular.



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