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Stephan Bodian is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light and Tricycle and is the co-author of Buddhism For Dummies.

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About The Author. Stephan Bodian is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light and Tricycle and is the co-author of Buddhism For Dummies.

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