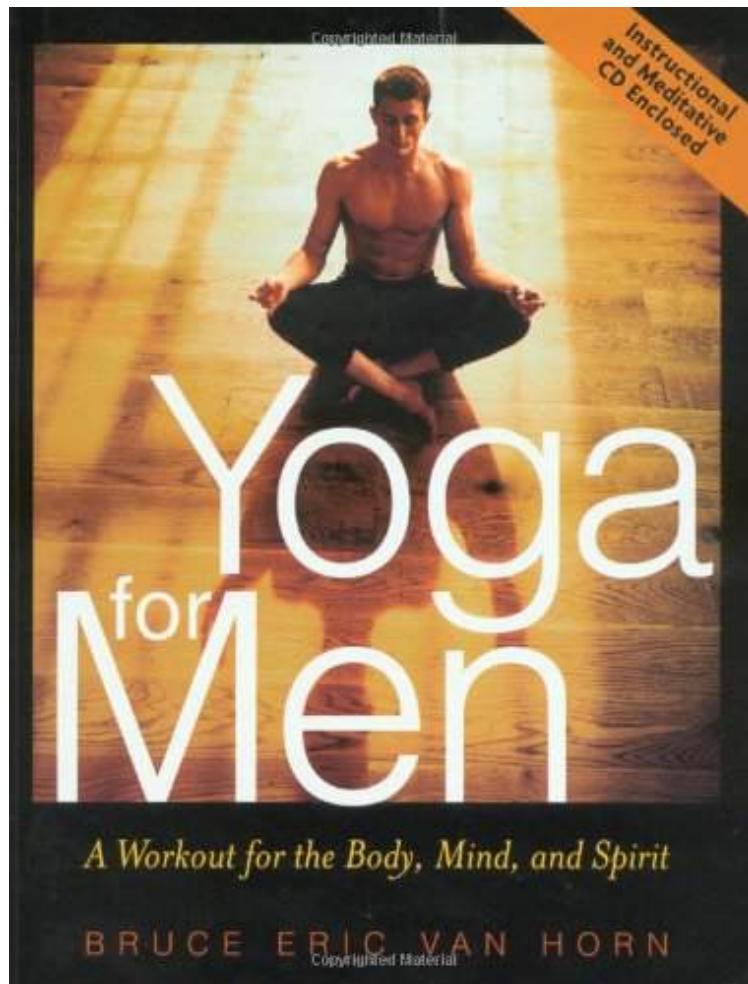


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Yoga For Men Workout For Body Mind Spirit

By Bruce Van Horn
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The everyday guy who does not know about fitness will get a lot out of this if you take the time. It amuses me how people will spend money on sports stuff and never use it. If you buy it from the moment the alarm clock sounds to the time his head hits the pillow again the typical man experiences dozens of stressful events every day. Whether it's tight finances, employment, insecurity, challenging family issues or all of the above the majority of men fail to cope with such stress in a healthy way. *Acirc Yoga for Men* equips men with the yoga know how to improve their physical, mental and spiritual health. An increasing number of men are taking up yoga. About the Author: Author C P A M B A and yoga instructor Bruce Van Horn founded *Yoga for Business Inc* a company devoted to organizational and individual wellness. He is the author of *Yoga for Prostate Health*. Bruce also leads a volunteer yoga

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