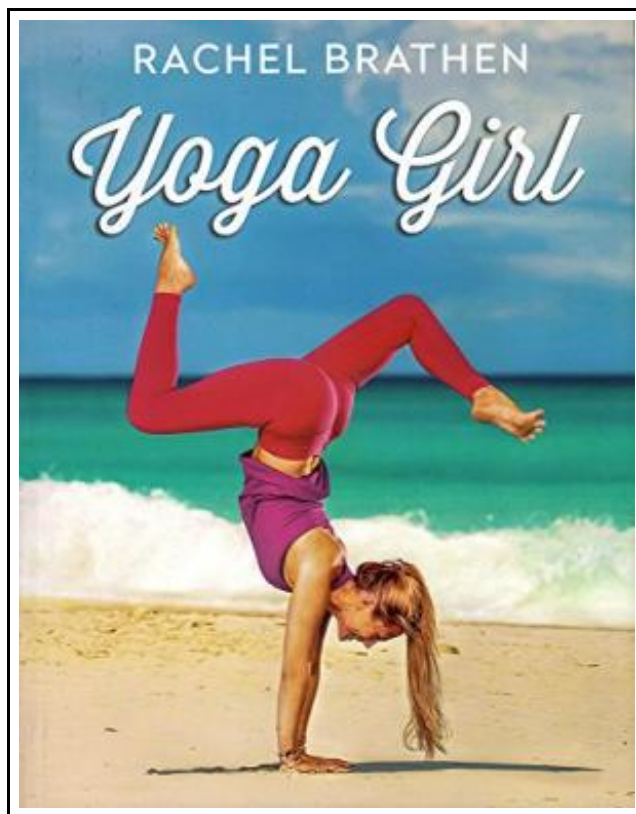


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Touchstone. 1 Paperback(s), 2014. soft. Book Condition: New. Whether she's practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Instagram celebrity Rachel Brathen has made it her mission to share inspirational messages with people from all corners of the world. In this bestselling book, Brathen explains and demonstrates a variety of poses, and reflects on her journey from her self-destructive teenage years in Sweden to her adventures in the jungles of Costa Rica, and finally to her life in Aruba today. Dozens of color photos appear throughout the book, and Brathen also includes recipes for such dishes as Carrot and Ginger Soup and Raw Banana Ice Cream. 166.



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