



# **Will Yoga & Meditation Really Change My Life?: Personal Stories from 25 of North America's Leading Teachers; A Kripalu Book**

*Stephen Cope*

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Stephen Cope asked 25 yoga and meditation teachers to share their "tales from the path"--their thoughts on how the long-term practice of yoga and meditation has changed their lives. The result is a unique collection of stories offering insight and inspiration for everyone seeking a more satisfying life.

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