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## The Journey from the Center to the Page: Yoga Philosophies & Practices as Muse for Authentic Writing

By Jeff Davis

Monkfish Book Publishing. Microfilm. Book Condition: new. BRAND NEW, The Journey from the Center to the Page: Yoga Philosophies & Practices as Muse for Authentic Writing, Jeff Davis, "In addition to suggesting specific yoga exercises for various writing roadblocks . . . this is a substantial writing guide, with lessons in voice, symbol, syntax and dialogue." -"Dallas Morning News" With wisdom for writers at any level and in any genre, nationally known writing and yoga instructor Jeff Davis shows writers how yoga's principles and practical tools can deepen their writing practice and increase their versatility writers. A grounded guide to the body-mind-imagination connection, this book shows ways for writers to reconnect with their deeper intentions for writing, sustain concentration and confidence when writing, and write with an authentic voice.



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