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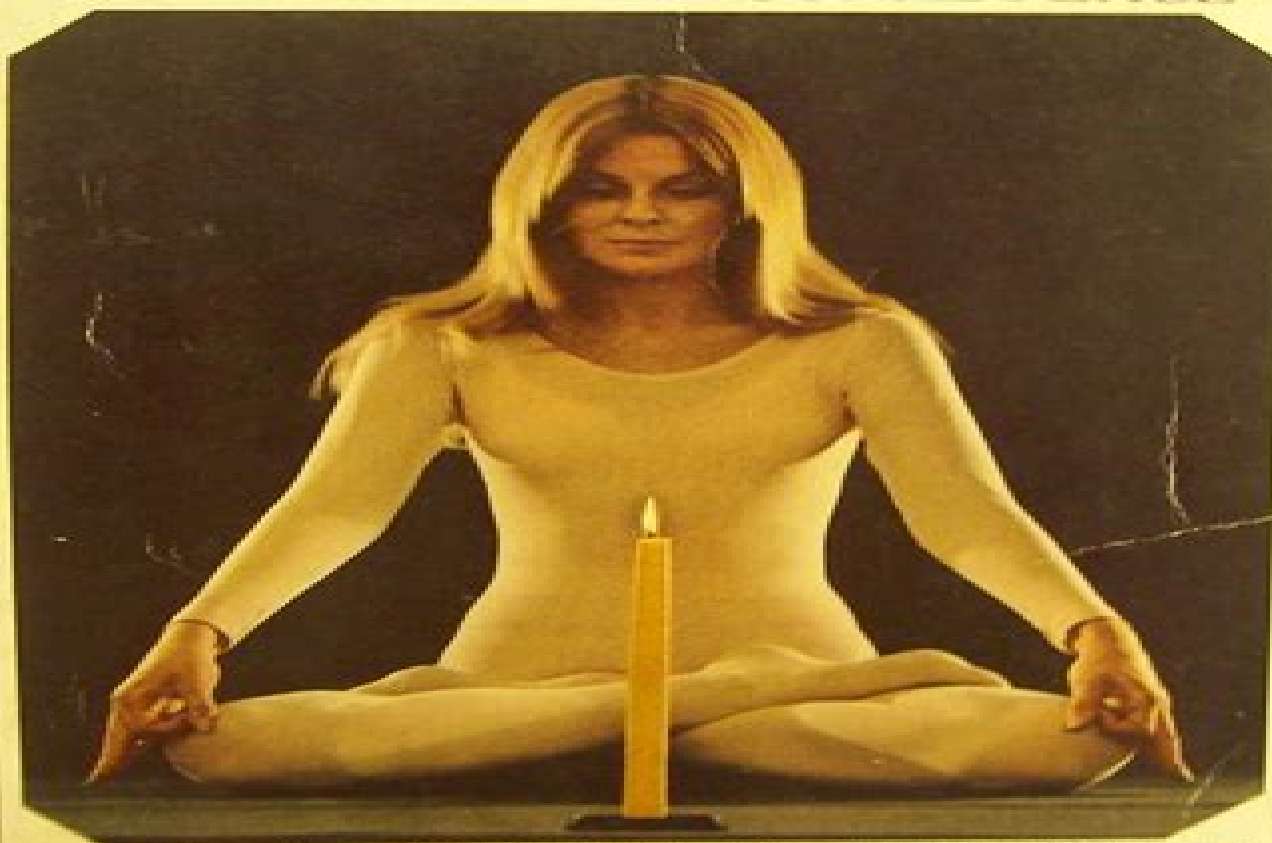
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RICHARD HITTLEMAN'S GUIDE TO YOGA MEDITATION

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Richard Hittlemans Guide Yoga Meditation

Richard Hittleman



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the impacts of digital media on beliefs and practices around the world In exploring these subjects it calls on the study of culture namely anthropology to conceptualize a technological period as significant as the industrial revolution **American Countercultures: An Encyclopedia of Nonconformists, Alternative Lifestyles, and Radical Ideas in U.S. History** Gina Misiroglu, 2015-03-26 Counterculture while commonly used to describe youth oriented movements during the 1960s refers to any attempt to challenge or change conventional values and practices or the dominant lifestyles of the day This fascinating three volume set explores these movements in America from colonial times to the present in colorful detail American Countercultures is the first reference work to examine the impact of countercultural movements on American social history It highlights the writings recordings and visual works produced by these movements to educate inspire and incite action in all eras of the nation s history A Z entries provide a wealth of information on personalities places events concepts beliefs groups and practices The set includes numerous illustrations a topic finder primary source documents a bibliography and a filmography and an index **Adventure in Meditation** Carol Elizabeth Parrish-Harra, 1995

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