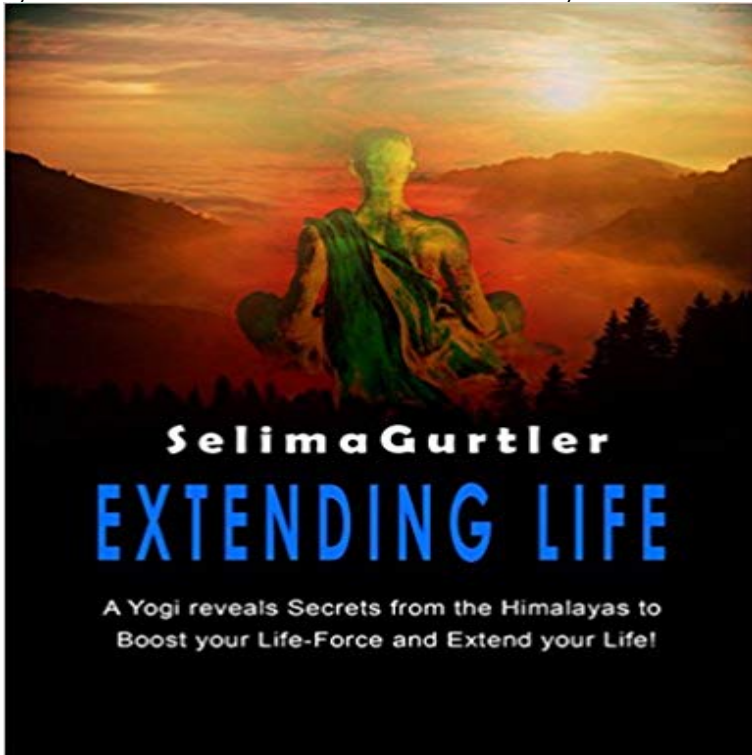


Extending Life: A Yogi reveals Secrets from the Himalayas to Boost your Life-Force and Extend your Life!



A revolutionary book from a Jnana Yogi which is a life-changer for people of all ages, but especially those in middle-age. The author reveals stories of ancient yogis and their practices and how the leading-age scientific community today is proving these mystical techniques. Drawing from her 40 years of travel across the globe, she narrates her own observations of how people enjoy health & longevity in far-flung locations and pulls together some extraordinary information. This book is deeply engrossing and in parts, electrifying. She dispenses with some accepted ideas about health and nutrition, and presents some unbelievable facts from western scientific geniuses which somehow magically coalesce with her own profound yogic wisdom and common sense. The result is she give us all the tools, and one in particular, we need to live vibrant, long and extended lives. Full of humour, wisdom and sound life experience, this truly exciting book promises to show us something new and fascinating from 5000 years ago ready for us now in the 21st Century.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, viraal reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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