



Get Your Glow On!: Workbook for Accelerating Personal Health and Transformation Before, During & After Ramadan

L. Qadira Yamini

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A workbook with introspective exercises to advance body, mind, soul and spirit! All for bringing about healthy balance in preparing for Ramadan as well as continuing the blessings and benefits of the Fast all year long. For use before, during and after Ramadan.

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