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Meditation, to  
overall changing  
your outlook on life.  
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postures are just  
knocking on the  
pipes, but once you  
begin to dig under  
the surface, real  
changes can begin  
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premise of How  
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based around how  
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~~(Author of How  
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Michael Roach

(born December 17,  
1952) is an

American non-  
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Buddhism. Ordained  
as a Gelugpa monk,  
he was the first  
American to receive  
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Tibet. He has started a number of businesses and organizations, written books about Buddhism, and translated Tibetan Buddhist teachings.

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