

AUTHOR :

ZOEVERA A. JACKSON



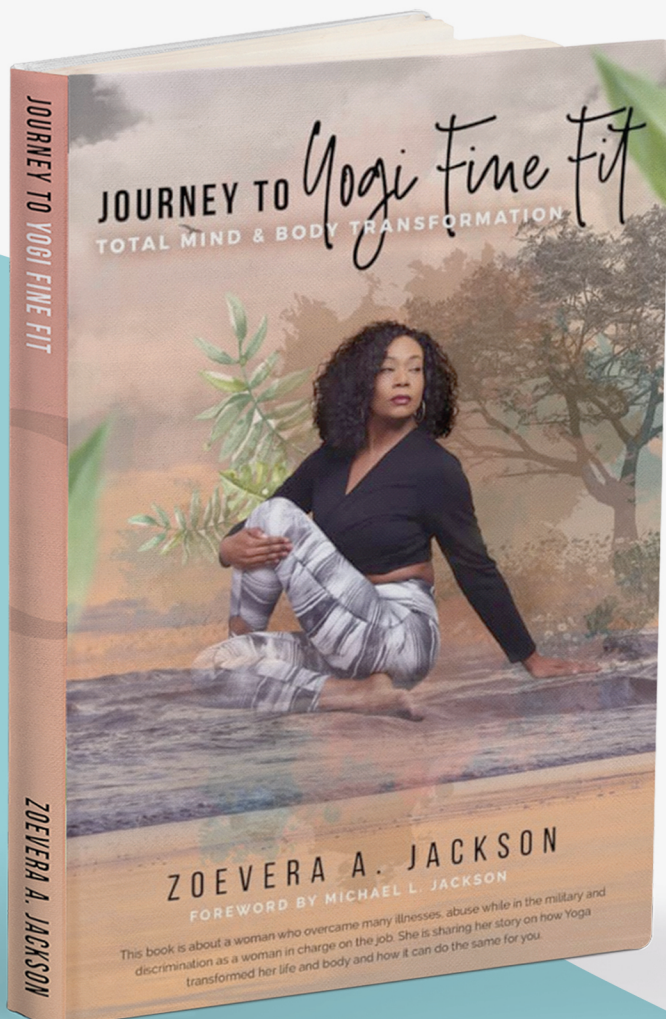
PRESENTS

JOURNEY TO *YOGI FINE FIT*

TOTAL MIND & BODY TRANSFORMATION

GENRE :

ADULT NON-FICTION



This adult non-fiction book is about a woman who overcame many illnesses, trauma while in the military and discrimination as a woman in charge on the job. She is sharing her story on how Yoga transformed her life and body and how it can do the same for you.

This book also includes a section of yoga poses with benefits and excerpts about how yoga helped this author in her healing and recovery process as a wounded warrior at Walter Reed Military Medical Center.