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Archives Available

March 25th 2008: Greg Landry, Exercise Physiologist - Top 10 Things Everyone Should Know About Effective Exercise and Sister Usha - The Yoga of Jesus: Understanding the Hidden Teachings of the Gospels

Greg Landry, Exercise Physiologist - Top 10 Things Everyone Should Know About Effective Exercise Greg has been interviewed as a fitness expert on over 100 radio stations across the U.S., and publishes health and fitness newsletters with tens of thousands of subscribers in 112 countries throughout the world. Greg offers free weight loss and fitness success stories and targeted, highly affective weight loss programs for women, men, type 2 diabetics, and people with slow metabolisms and hypothyroidism. Sister Usha talks about this groundbreaking new book from the author of the best-selling

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