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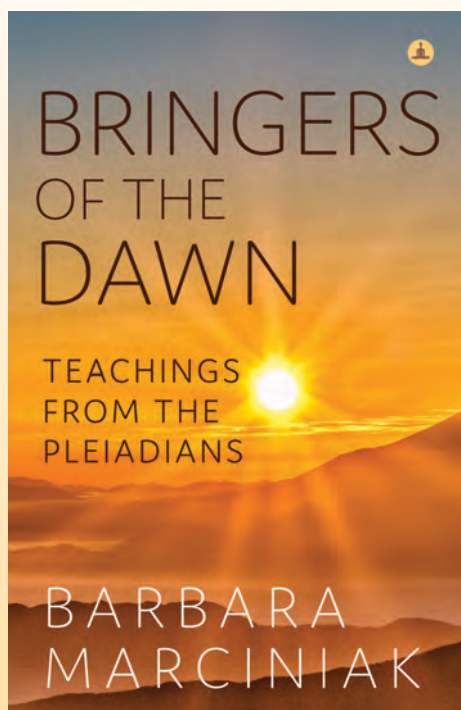
About us

Founded in 2000, Yogi Impressions has created a niche for itself as being one of the leading publishers in India of books on spirituality, esoteric knowledge, self-help, personal growth, health and well-being. Our purpose is to contribute to enhancing the quality of life and creating the legacy of a better world for future generations.

Today, an increasingly large number of people are becoming more aware and seeking the true meaning and purpose of their lives. Our earnest endeavour is to bring forth the best initiatives in spiritual thought and practice, whether emanating from India or anywhere else in the world.

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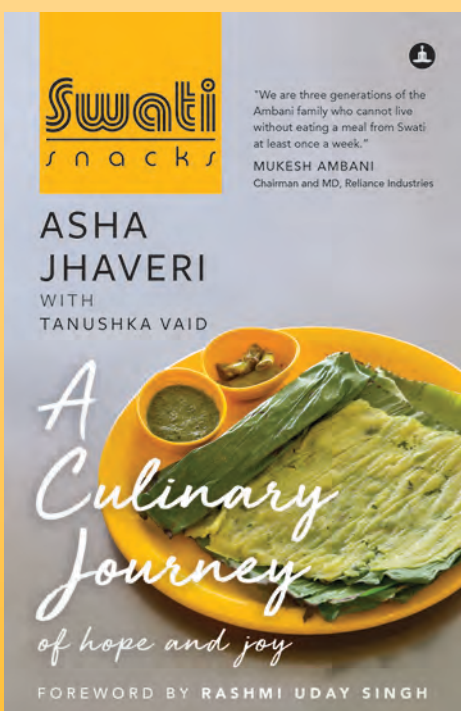
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Bringers of the Dawn

Barbara Marciniak

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Asha Jhaveri

A Culinary Journey of Hope and Joy

"We are three generations of the Ambani family who cannot live without eating a meal from Swati at least once a week."

- MUKESH AMBANI. Chairman and MD, Reliance Industries

Asha Jhaveri's story is as chattpata as her chaats: from being a disinterested student and a mischievous older sister, to a devoted wife and queen of the culinary world, her story truly has it all. From her unassuming innocence to her deep reservoirs of grit, we watch as she is thrust into a world she knows nothing about upon the sudden demise of her mother (the founder of Swati Snacks), and how she gradually learns to rise to the challenge and raise the culinary standards of generations with her.

Asha blends together warm simplicity and sharp business acumen to give you a glimpse at what it takes to build and run one of the most popular restaurants in India – Swati Snacks.

So cuddle up with this book and a piping hot cup of masala chai as Asha serves you her greatest dish yet – a slice of her own life and all the bittersweet flavours that it carries with it.

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Sai Baba and Aai

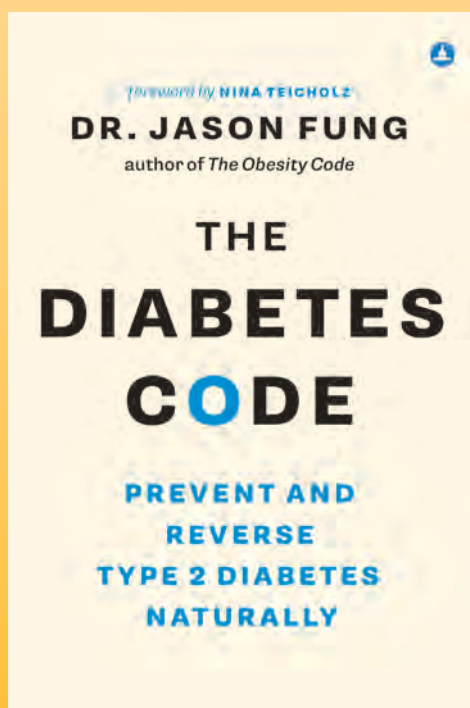
Nikhil Kripalani

An Account of Baba's Miracles and Grace

Sai Baba continues to work miracles in the lives of His devotees and shower them with His love and care. Filled with personal anecdotes and short stories, this book traces the journey of a simple, pious housewife, fondly known as Aai, who – through her depth of surrender – becomes a channel for Baba's words and work to flow through.

Aai's life is a testament to Baba's values of simplicity, compassion, and complete surrender. Irrespective of her modest external life, or innumerable hardships, she is steadfast in her devotion to Baba, and He, in turn, stands by her as a rock – ensuring that she is always safe and provided for.

Aai always insists that she is not special in receiving His constant grace. In this book, she shares pointers with the readers so that they, too, can make their daily life an offering to Him and experience His grace first-hand.



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The Diabetes Code

Dr. Jason Fung

Prevent and Reverse type 2 Diabetes Naturally

"Dr. Fung gives you the tools to rid yourself of diabetes forever. Get this book!"
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Most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease. But the truth, as Dr. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. Writing in clear, persuasive language, he explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication.

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Mindfulness for Kids

Carole P. Roman & J. Robin Albertson-Wren

30 fun activities to stay calm, happy & in control

Hi! I'm Jasmine, I'm a regular kid with a regular life just like you, but there's one tiny...ok, fine, one BIG exception: I practice mindful-ness. Now, I bet you're wondering, what in the world is mindfulness anyway?

Mindfulness is a kind of superpower we all have, but we might not know how to use it. You already have everything it takes to be mindful. All you need are your senses: sight, sound, taste, smell, touch, and your breath. You can use this power to help you relax and feel better when you feel stressed, anxious, angry, or even sad. The best part is, it's fun! In this book, you'll read stories about kids just like you who could use some mindfulness to help them calm down or relax in tough situations. My friends Willow, Kayli, Colby, Zeke, and I will be your mindfulness guides and teach you how mindfulness can help you too!

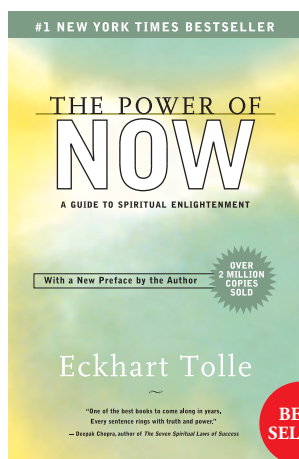
Learn how to use mindfulness everywhere you go, for everything you do, with exercises for:

MINDFULNESS AT HOME that teach you how to handle yourself in tough situations like when you're mad because you have to do chores or when you feel ashamed for losing important stuff like your phone

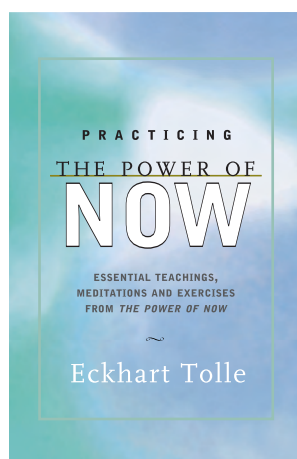
MINDFULNESS AT SCHOOL that show you what you can do if you feel nervous or scared with bullies, or when you feel over-whelmed with homework

MINDFULNESS WITH FRIENDS that help you deal with the not-so-nice feeling of being left out or missing someone you care about

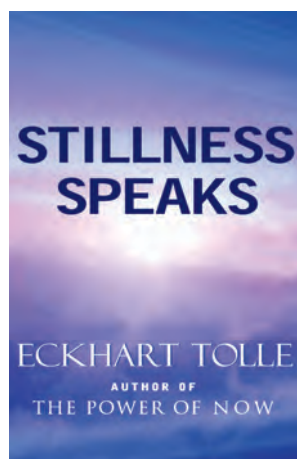




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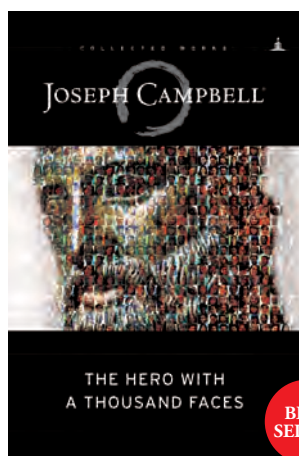
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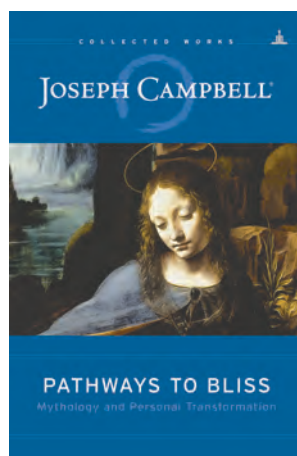
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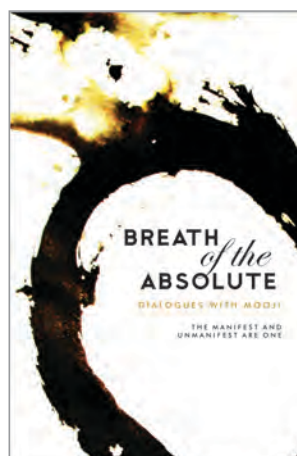
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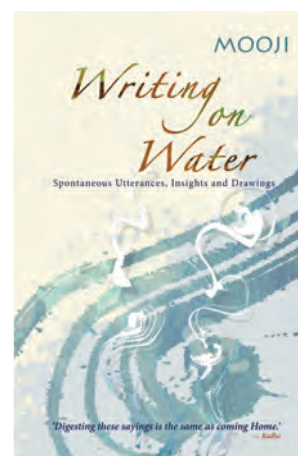
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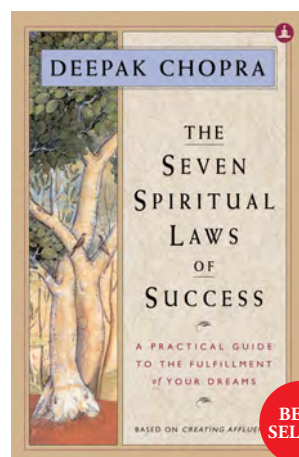
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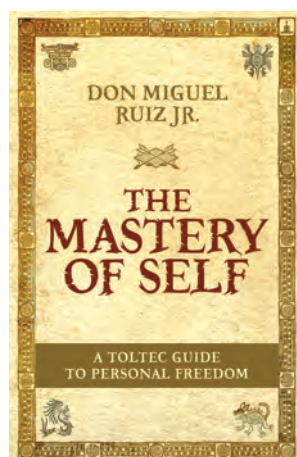
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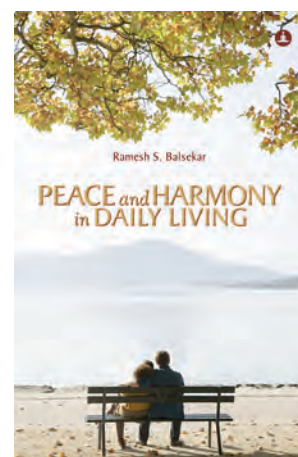
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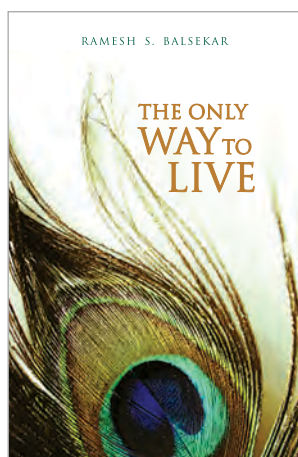
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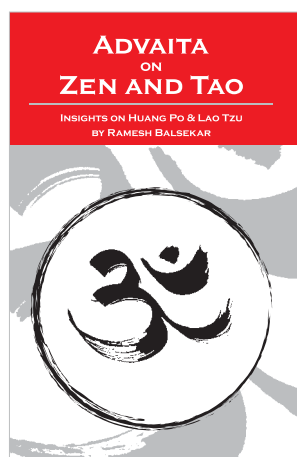
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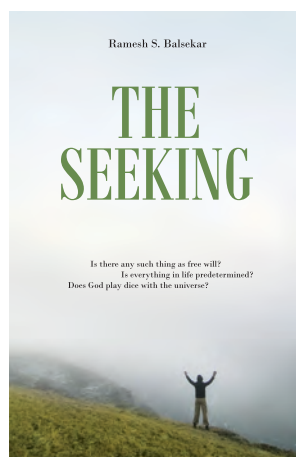
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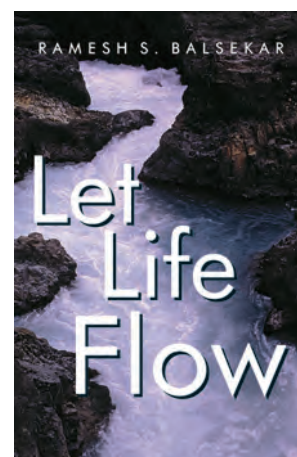
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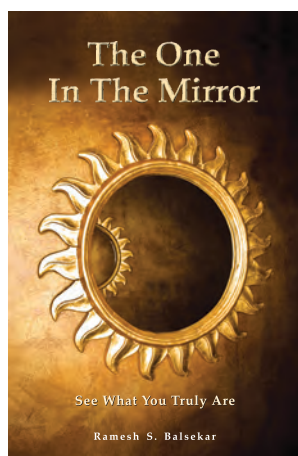
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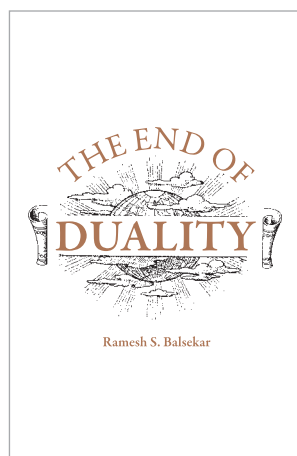
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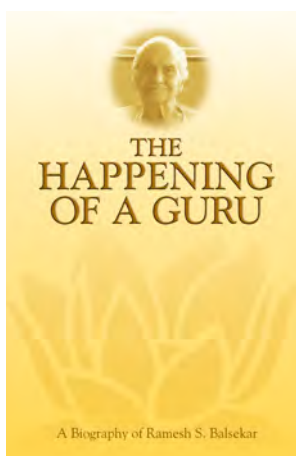
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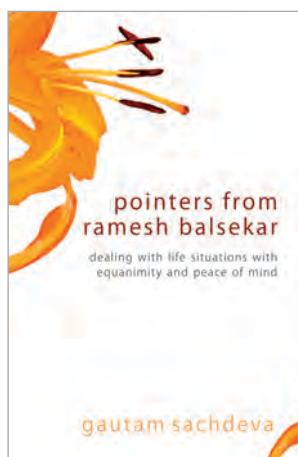
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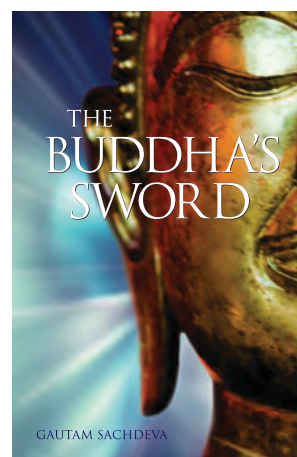
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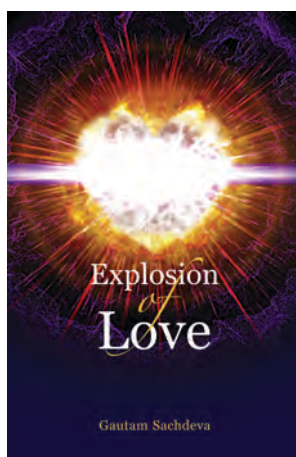
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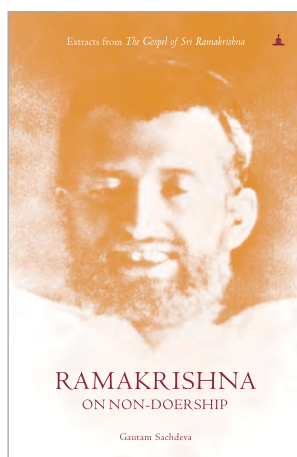
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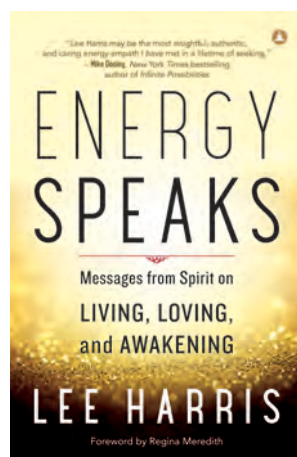
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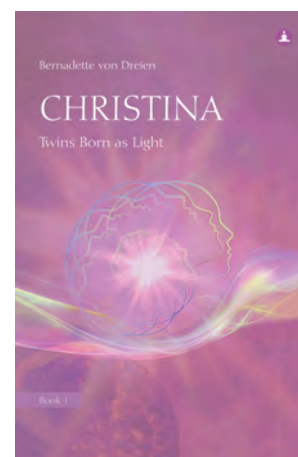
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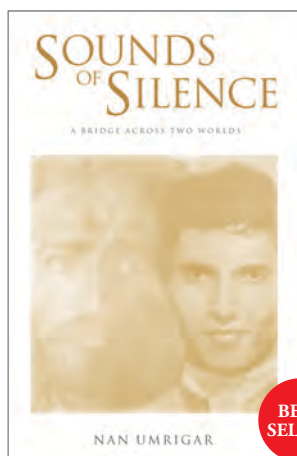
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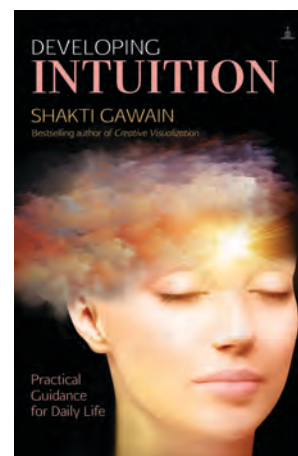
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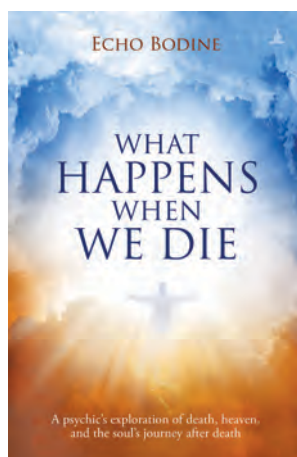
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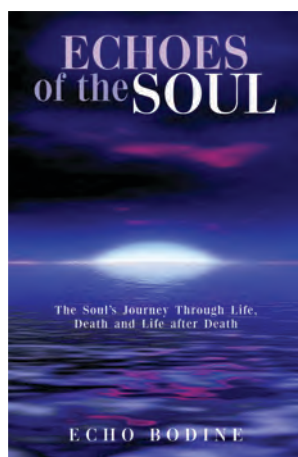
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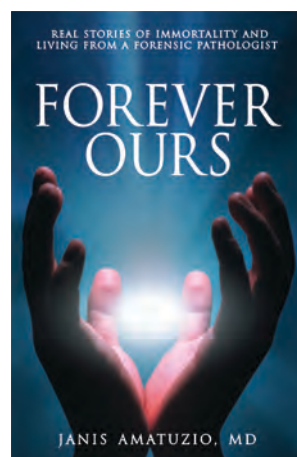
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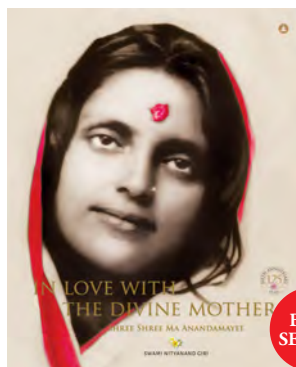
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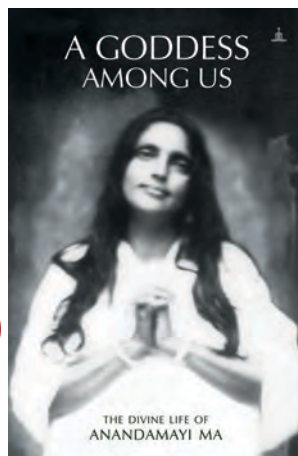


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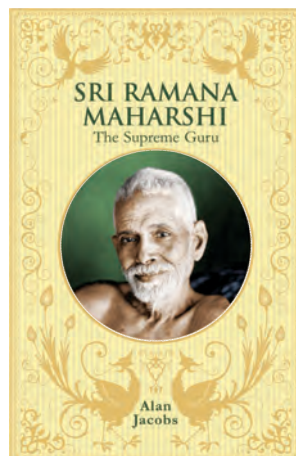


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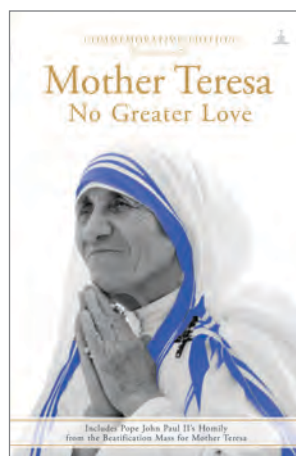
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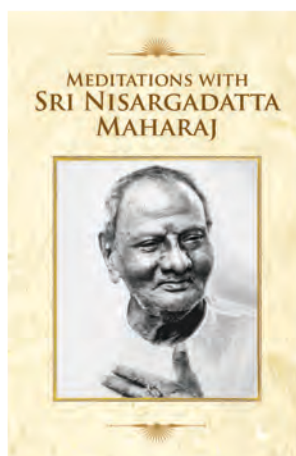
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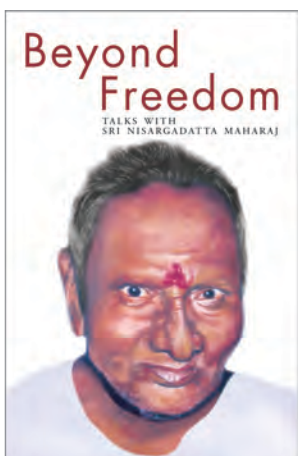
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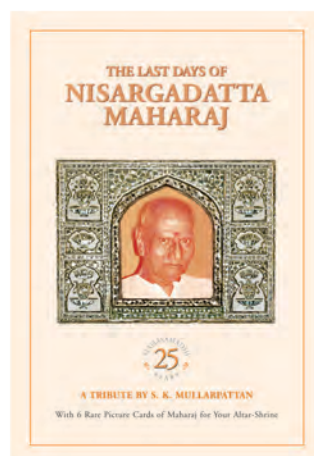
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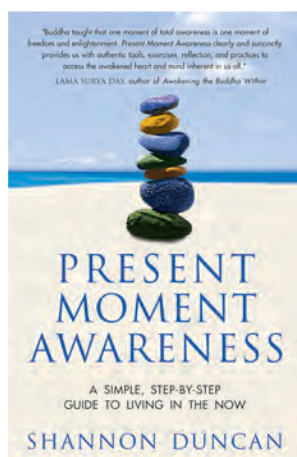
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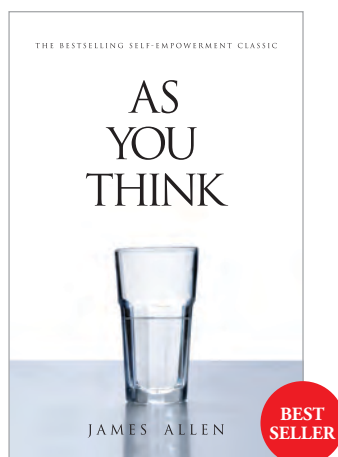
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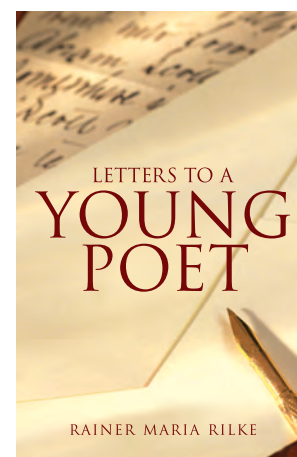
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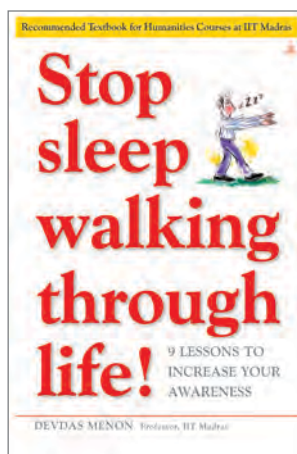
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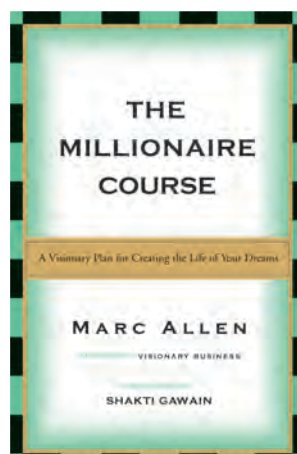
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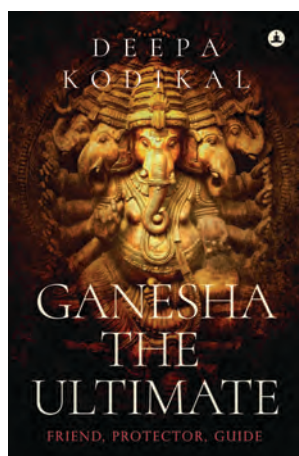
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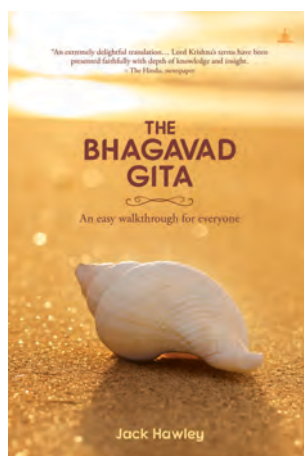
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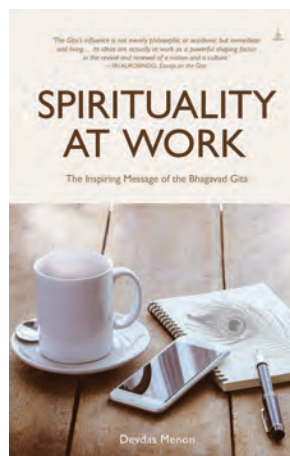
This little book clearly explains this law of manifestation but then takes it a quantum leap further, revealing how to create what is truly important, inner peace, and making the world a better place for all.



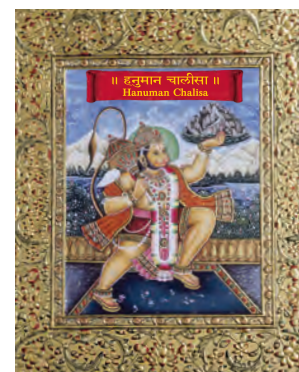
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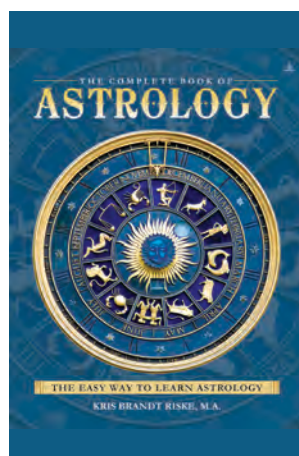


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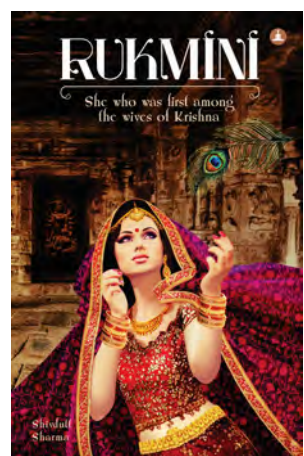


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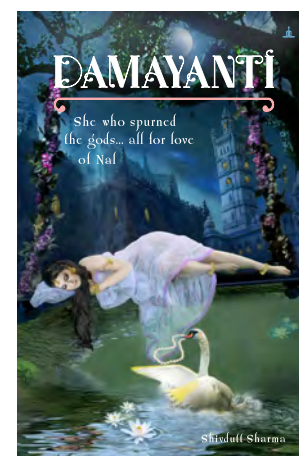
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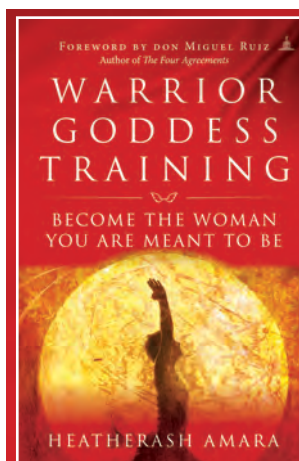
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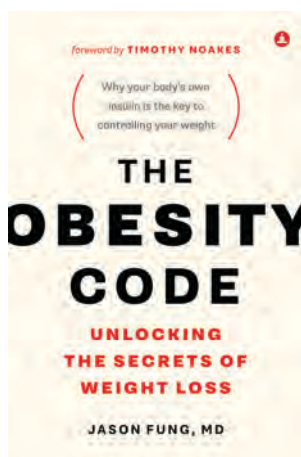
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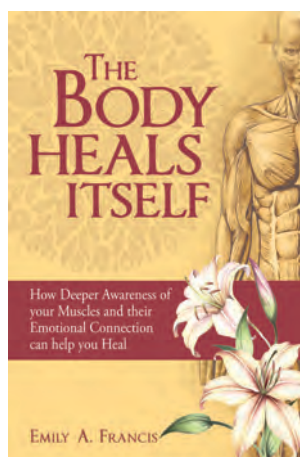
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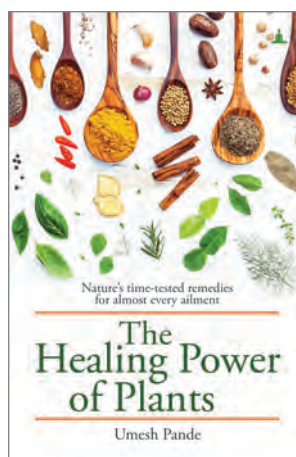
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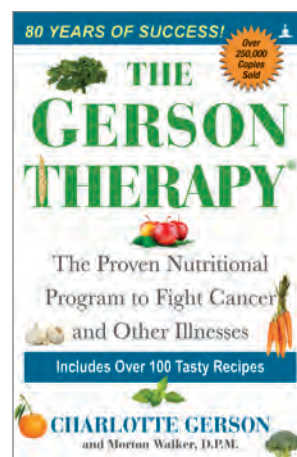
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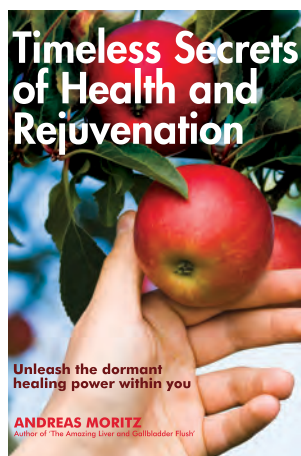
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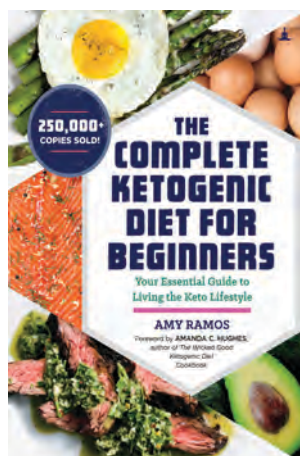
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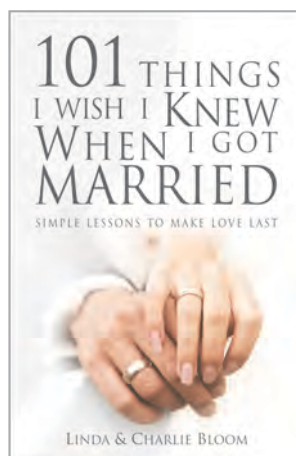
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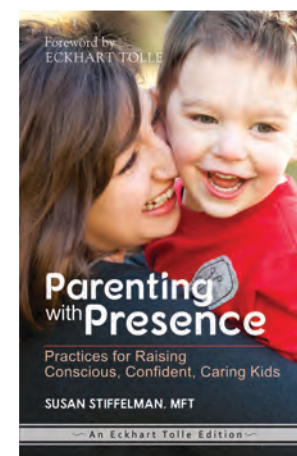
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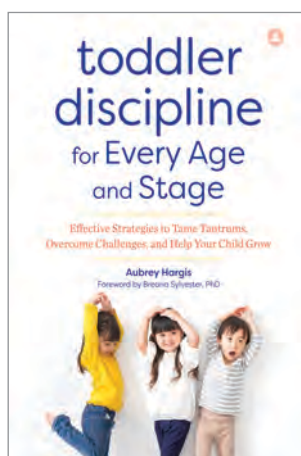
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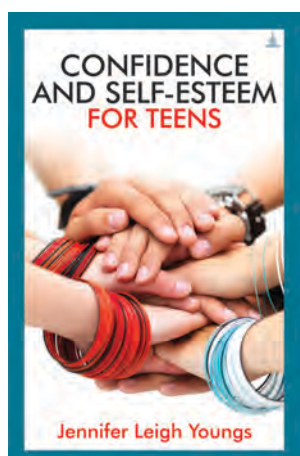
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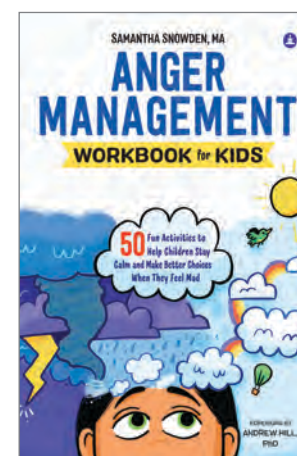
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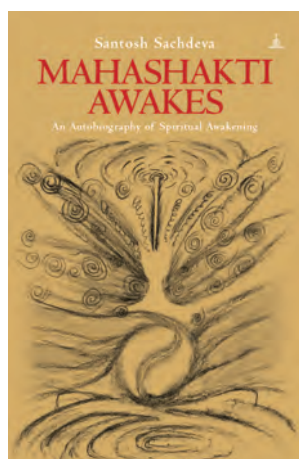


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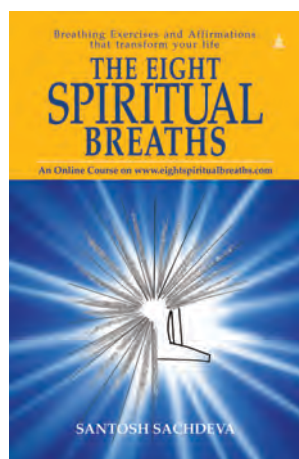


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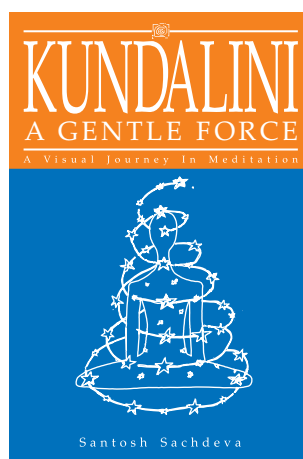
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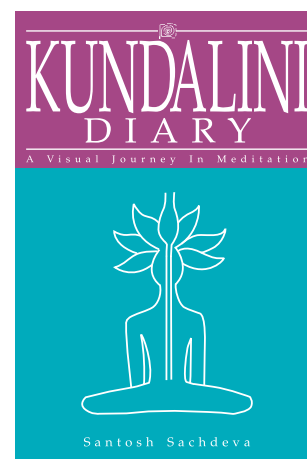
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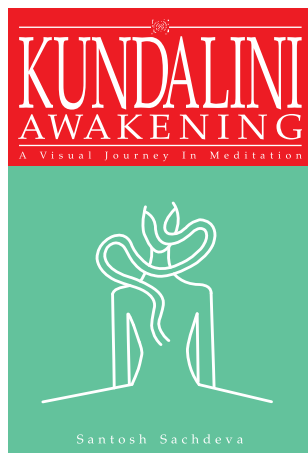
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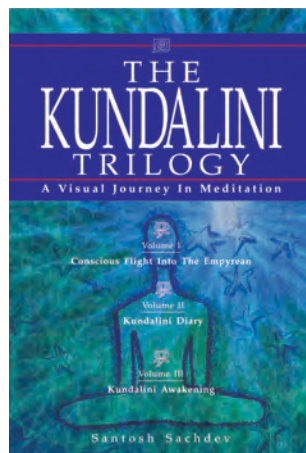
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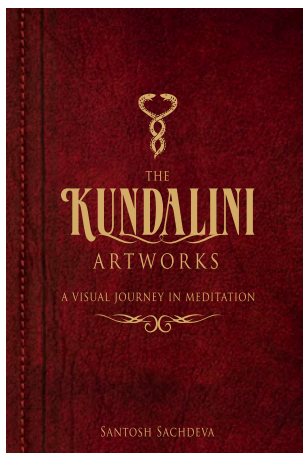
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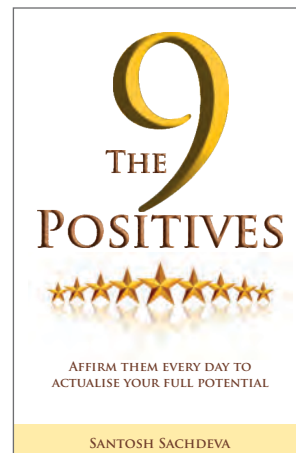
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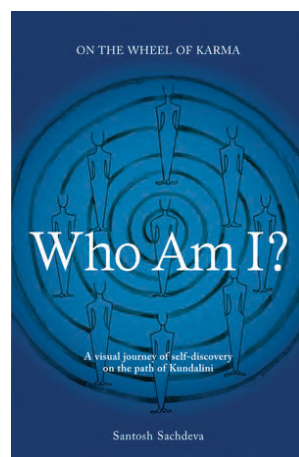
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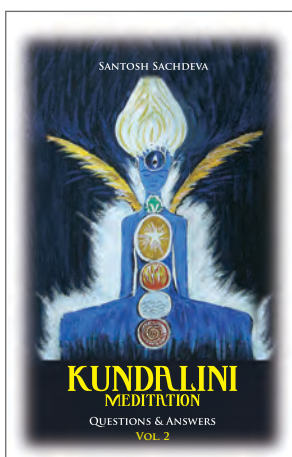
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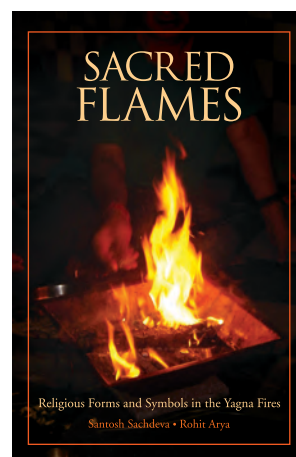
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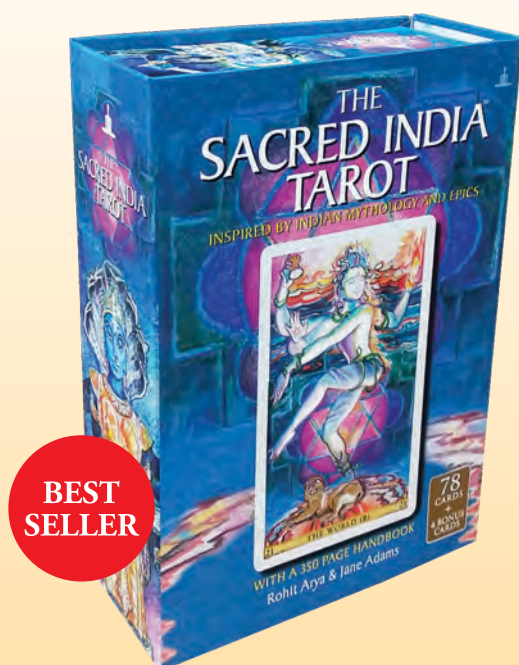
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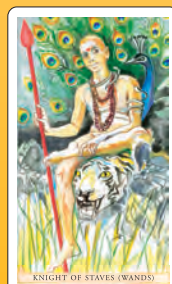
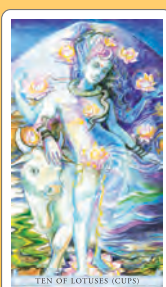


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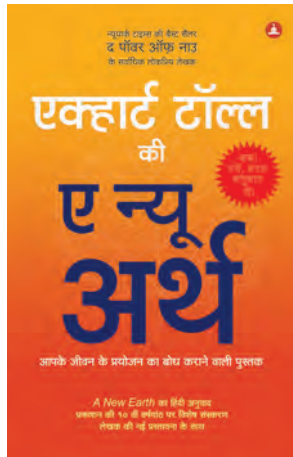
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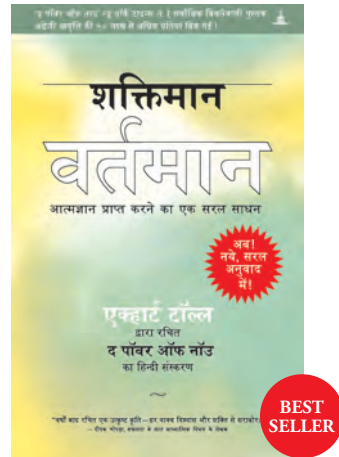
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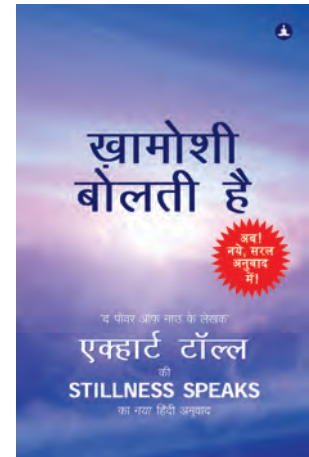
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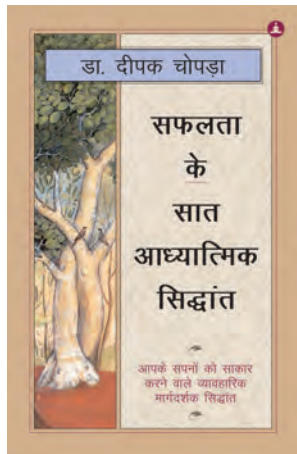
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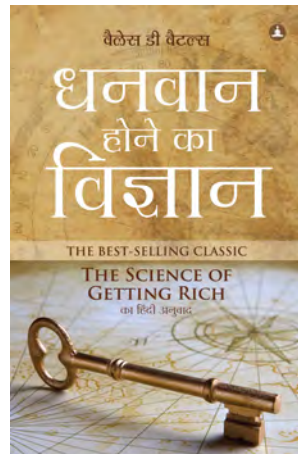
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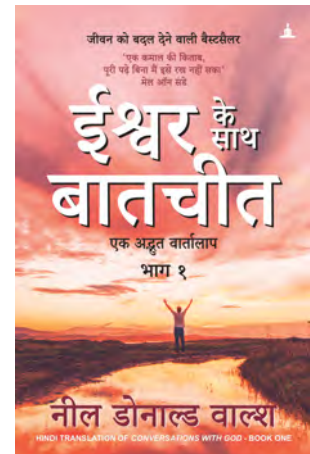
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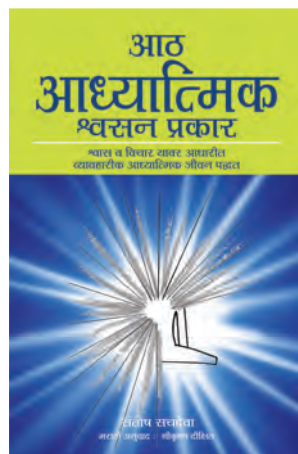
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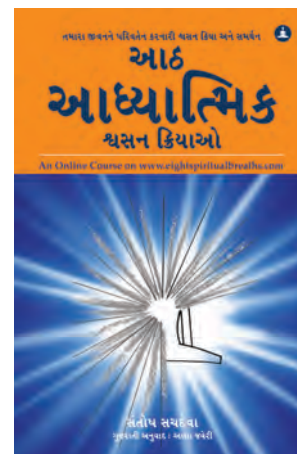
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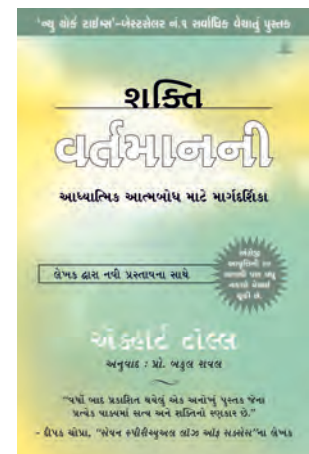
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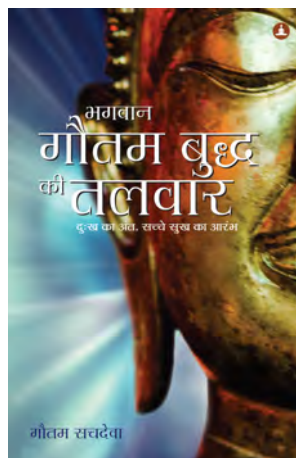
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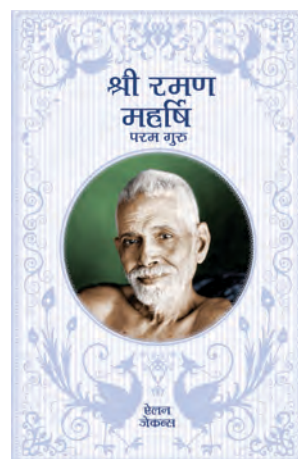
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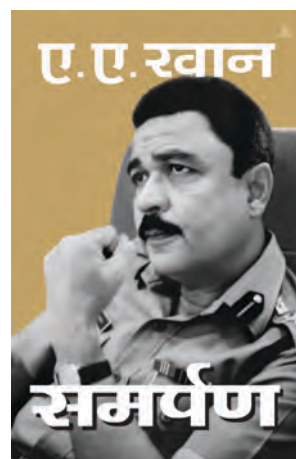
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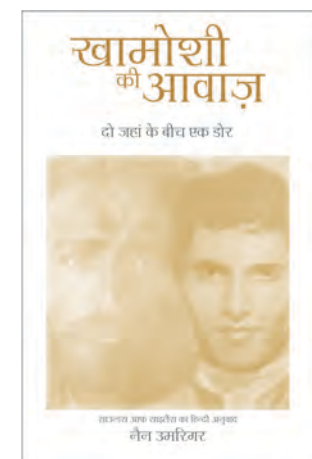
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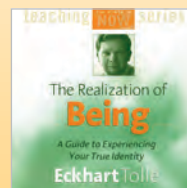
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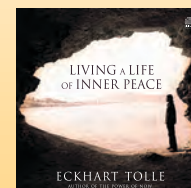
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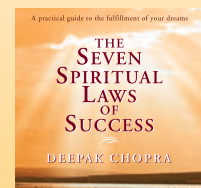
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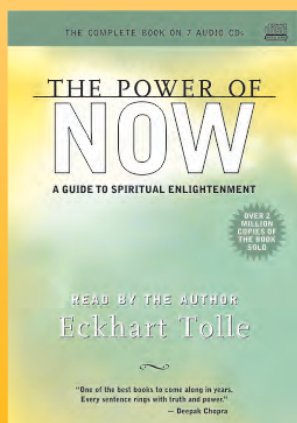
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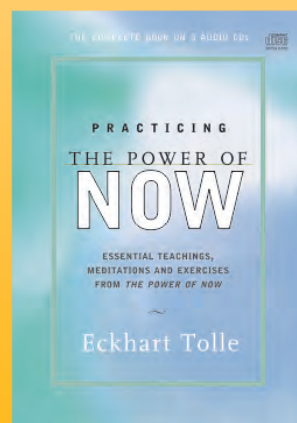
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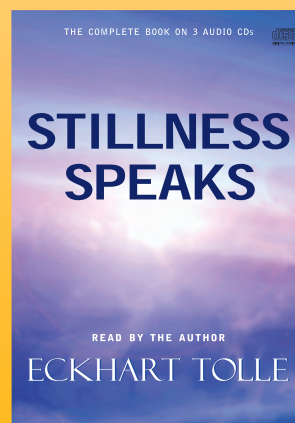
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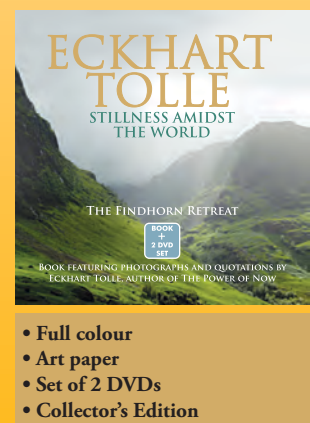
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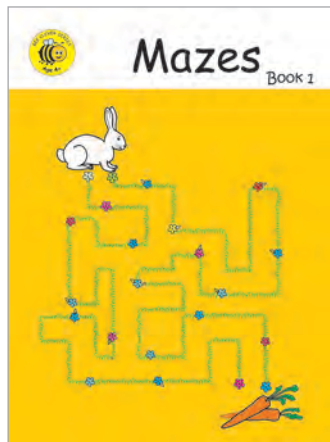
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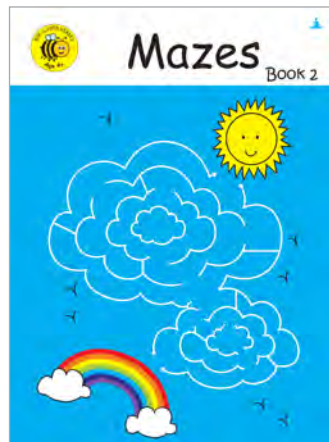
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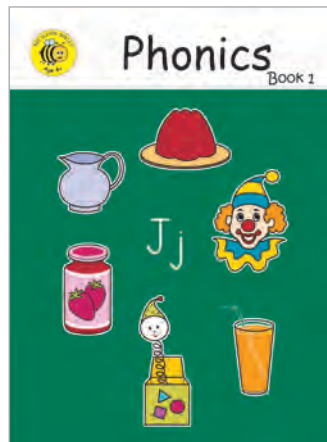
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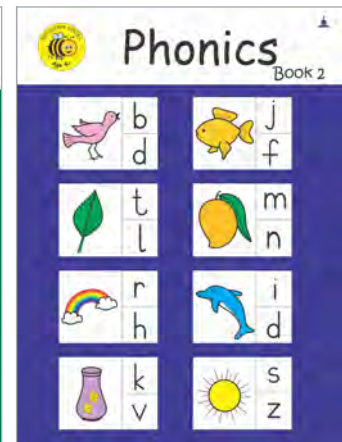
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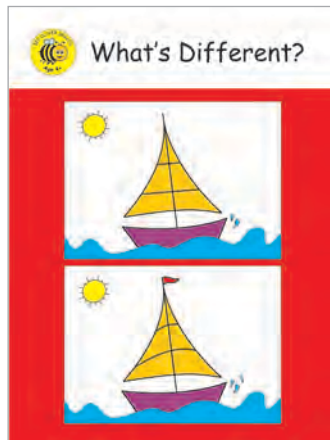
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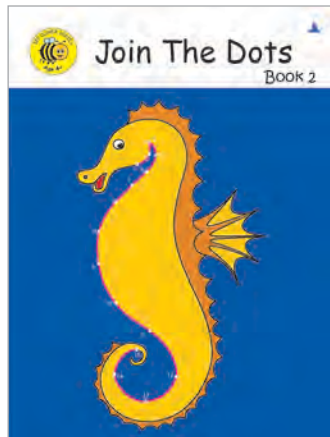
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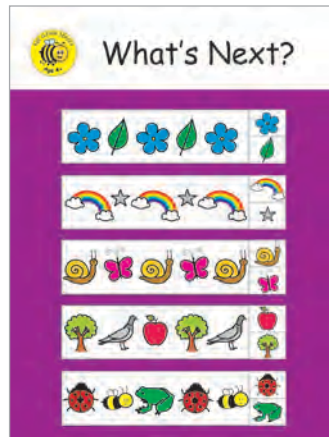
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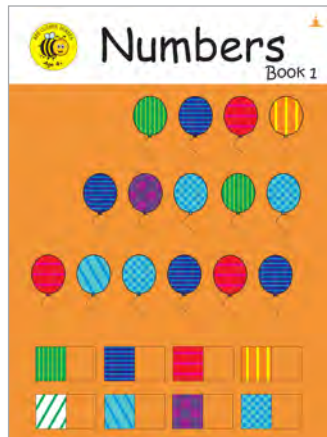
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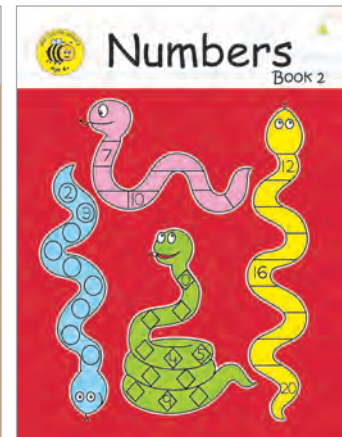
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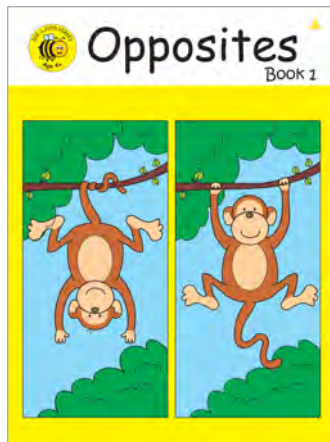
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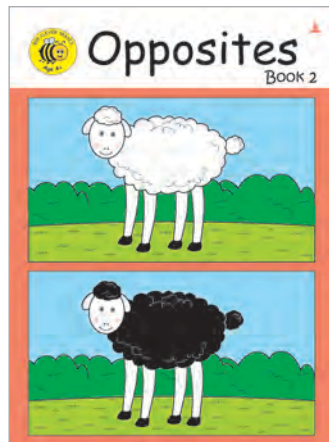
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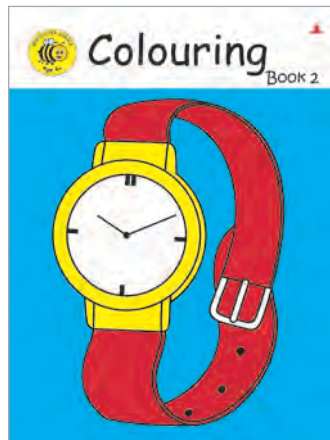
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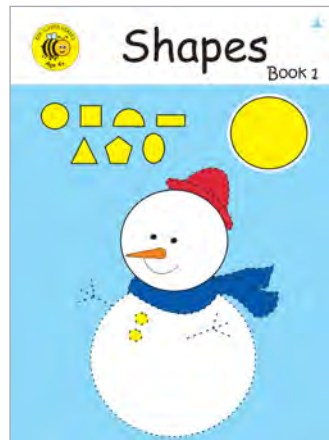
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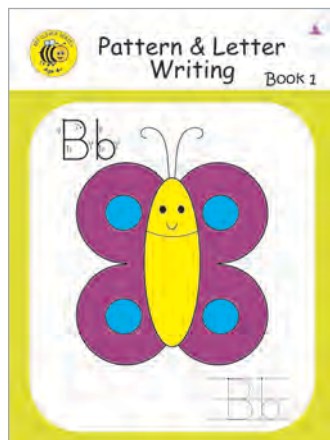
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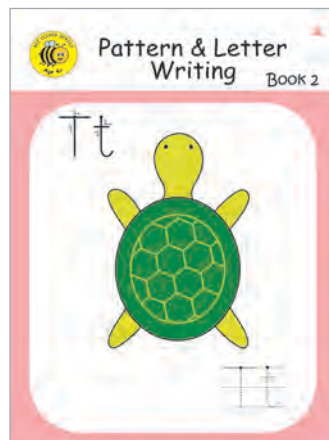
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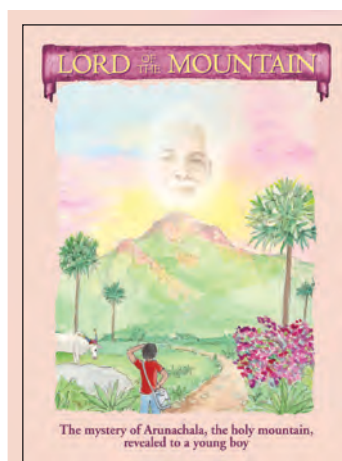
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