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Just in time for me to read before I begin taking my upcoming yoga and tai chi classes\* came a copy of *Writing Yoga: A Guide to Keeping a Practice Journal* by Bruce Black. I first "met" Bruce through his wonderful blog, *Wordswimmer*, and have gotten to know him better over the past several years thanks to the CYBILS Awards. Bruce is a kind, generous, thoughtful person, as any one who has read his ...

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