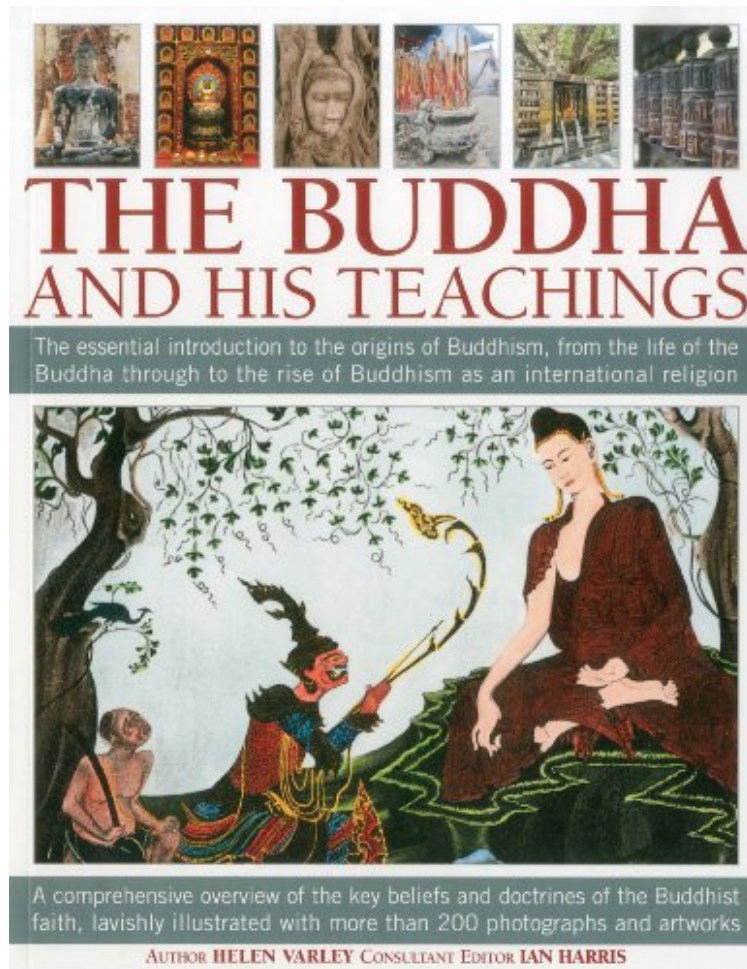


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About the Author Helen Varley is a journalist and author who specializes in history, religion, travel, Eastern spiritual thought, and yoga.