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**Books Details:**

Title: BioHarmonizing 2014: How To F

Author:

Released: 2012-12-07

Language:

Pages: 171

ISBN:

ISBN13:

ASIN: B00AKZ067S



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## **Description:**

**About the Author** Frank Ra is a Dharma instructor (Taego, Korea. University of the West, USA), certified Coach (CCF), brain-fitness facilitator. He is coaching at the Center for Aging (University of Victoria, Canada). He facilitates the “Eckhart Tolle Vancouver Gatherings” and, as BC Coordinator for Humanity’s Team, hosts the “Neale Donald Walsch: Conversations with God” gatherings. Born in a pristine Italian town near the Alps, he has traveled extensively, in over 30 countries, studying/working in London, California, Malta, and Estonia, before settling in Vancouver, Canada. Frank has been doing coaching and eCommunication since late 1995. He manages several websites — some mentioned in this book — which provide information, services and products for well-being and longevity. He contributes to peer-reviewed Positive Psychology journals and conferences. Frank graduated in Business and Diplomatic/IR studies. He has a keen interest in Bio-informatics.

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