

The Guru Question: The Perils And Rewards Of Choosing A Spiritual Teacher By Mariana Caplan



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MFT, RYT 500, is a psychotherapist, yoga teacher, and the author of The Guru Question: The Perils and Rewards of Choosing a Spiritual

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Mariana Caplan, Ph.D., MFT, RYT 500, is a psychotherapist, yoga teacher, and *The Guru Question: The Perils and Rewards of Choosing a Spiritual Teacher*.

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and *The Guru Question: The Perils and Rewards of Choosing a Spiritual Teacher* (Sounds True, 2011). As a psychotherapist, she specializes in using somatic

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