

**Family Wakes Us Up: Letters Between Expectant
Fathers By Matthew Remski;Michael Stone**

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Matthew Remski is author of threads of yoga: Michael Stone is a yoga teacher, including Family Wakes Us Up: Letters Between Expectant Fathers

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He ends with a reading from his book Family Wakes Us Up. Michael Stone and Matthew Remski read personal letters they wrote to each other as expectant fathers.

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Matthew Remski is an Ayurvedic practitioner and yoga Family Wakes Us Up, a book about the spirituality of family life co-written with Michael Stone,

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