



# Former Seller Of Candy & Nuts – Publishes Her First Book

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*Former employee of Ultimate Nut & Candy Co in Los Angeles is first time author, of yoga & self devopment book.*

PR9.NET September 26, 2006 - Los Angeles, Beverly Center - Author Katheryn Hoban, who used to work at The Ultimate Nut & Candy Co. on La Cienga in the Beverly Center Mall selling boxes of gourmet chocolates and of exotic nuts such as Hawaiian Macadamia nuts in the late '80's has written and published her first book.

Ms. Hoban who was formerly known as Mary K. Hoban, and writes under the name of "Yoga Kat" and has been a yoga teacher for twelve years and continues to write scripts and short stories. Ms. Hoban was pursuing an acting career in the 80's but found that she excelled at yoga and began teaching yoga in 1994. She started her yoga career to relief stress, and found a new focus and made a career shift. The Ultimate Nut & Candy Co. was one of her first jobs when she first came out from Massachusetts. She ate loads of nuts and dark chocolate too.

The Book Masters of Consciousness—A Guide Book for the Cosmic Traveler is a based upon the author's self-development through yoga and includes insight in practical terms and easy to understand language of how to develop your psychic ability, and shows you how to use step by step methods of Creative Visualization, and Affirmation techniques to Manifest everything that you want in your life, and helps you to access wisdom from the Heart, Earth, Universal Wisdom, Ancient wisdom and the use of Effective Prayer techniques.

The book is available at booklocker.com in soft back or PDF file. \$13.95

It is also available on Amazon and Barnesandnoble.com

Ms. Hoban resides in Northern NJ and teaches yoga to children and adults.

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