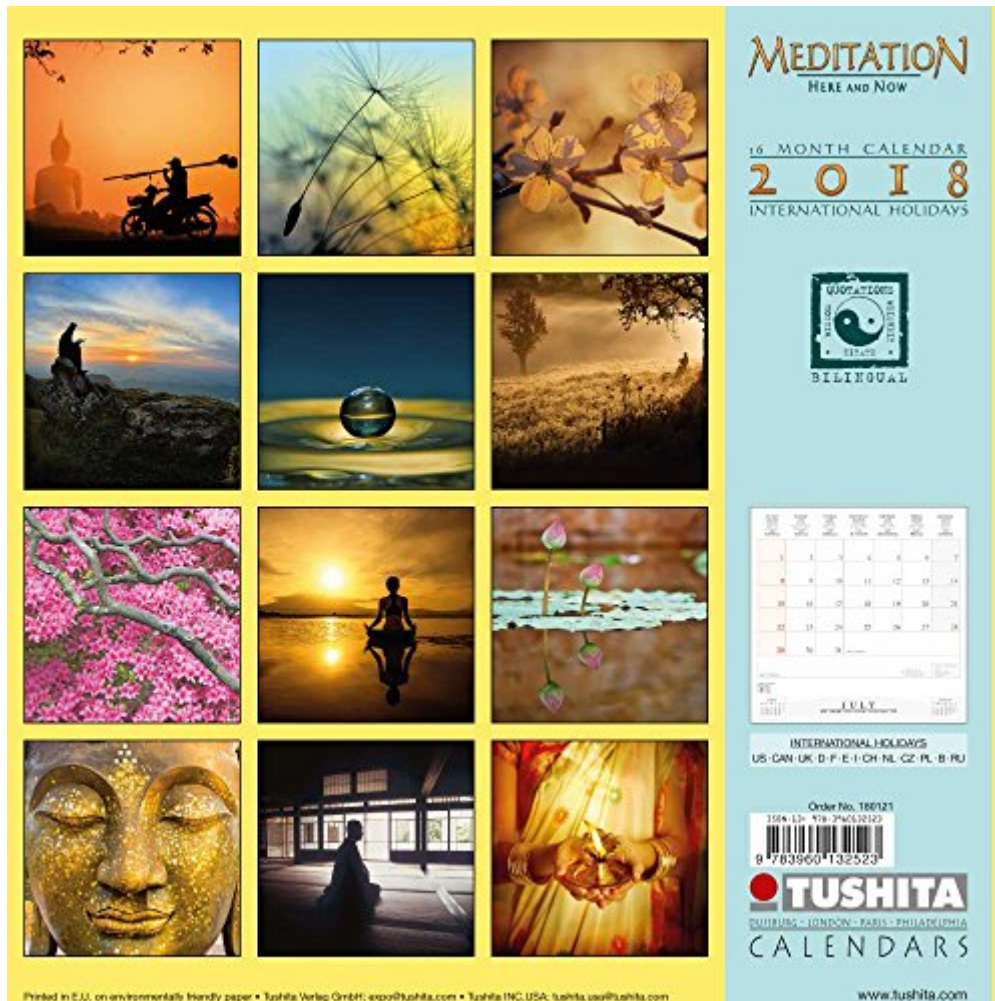


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Dr Danny Penman is a qualified meditation teacher and award-winning writer and journalist. He currently writes features for the UK Daily Mail, having previously ...

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