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DANNY DREYER

CHIWALKING: THE FIVE MINDFUL STEPS FOR LIFELONG HEALTH AND **ENERGY**

> Fireside, Old Tappan, New Jersey, U.S.A., 2006. Soft Cover. Book Condition: New. This book is new. A revolutionary program that blends the health benefits of walking with the core principles of T'ai Chi to deliver maximum physical, mental, and spiritual fitness. Size: 6 x 9.

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- Authored by Dreyer, Danny; Dreyer, Katherine
- Released at 2006



Reviews

Simply no terms to explain. I am quite late in start reading this one, but better then never. Its been written in an remarkably easy way and is particularly merely soon after i finished reading this book where basically changed me, affect the way i really believe. -- Prof. Jedediah Kuhic DVM

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