



Way of Walking: Eastern Strategies for Vitality, Longevity, and Peace of Mind

Jacques MoraMarco, Rick Benzel, Jacques MoraMarco OMD, Rick Benzel MA

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Walking is the most popular exercise in the world. Here Jacques MoraMarco infuses walking with an Eastern, holistic approach to fitness. He encourages people to walk to reduce stress, increase vitality, and become more balanced and centered. He also introduces the concepts of chi and different ways of breathing. Although this way of walking offers a very gentle workout, the method will produce noticeable results in improved energy levels, physical fitness, and mental well-being.

-- Walking is a simple, inexpensive, and injury-free form of exercise suitable for people of all ages and fitness levels. Millions of people walk for exercise every day -- in the park, down the street, or at the local shopping mall

-- Unlike other walking titles, The Way of Walking demonstrates how to enhance every walk by incorporating Eastern health practices

-- Jacques MoraMarco is an established authority on Chinese health and martial arts



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Jesse Valles:

The reason? Because this Way of Walking: Eastern Strategies for Vitality, Longevity, and Peace of Mind is an unordinary book that the inside of the book waiting for you to snap this but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who have write the book in such amazing way makes the content inside of easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of gains than the other book include such as help improving your proficiency and your critical thinking technique. So , still want to hold up having that book? If I ended up you I will go to the reserve store hurriedly.

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