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MIND SHIFT: STORIES OF TRANSFORMATIVE PHYSICAL TRAINING AND OTHER CURIOUS TALES (PAPERBACK)



Trafford Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book attempts to address the subject of physical training as it relates to health and fitness from a both philosophical and pedagogical perspective. In that, the current popularization of fitness seems at odds with its original intent; which was the cultivation of the mind-body and spirit (an internal manifestation of intent) through the systematic practice of a discipline such as...

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- Authored by Don Sweatt
- Released at 2016



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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**

A very wonderful book with lucid and perfect answers. It is probably the most incredible book i have study. Its been designed in an exceptionally simple way and is particularly just after i finished reading through this publication by which in fact transformed me, alter the way in my opinion.

-- **Macey Schneider**

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