

The Future of the Body



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The author of *Golf in the Kingdom* writes a magnus opus that Darwin would have written if he had looked to the future instead of the past. By synthesizing more than 30 years of research from more than 3,000 sources, including ancient and modern records of sports, medicine, the arts, and religious practices, Murphy identifies the techniques that all transformative disciplines use and forms them into a coherent program for personal transformation.

作者介绍:

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