

Walk On!



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Trying something new is never easy. Like walking, for instance. But aren't you sick of sitting on your bottom day in and day out? Hasn't lying around all the time become a little bit boring? This handy guide, both practical and inspirational, is here to help. With useful tips, common pitfalls, and Marla Fraze's adorable illustrations, this book is perfect for anyone--from a baby to a graduate to a grown-up--who's about to take a scary first step.

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