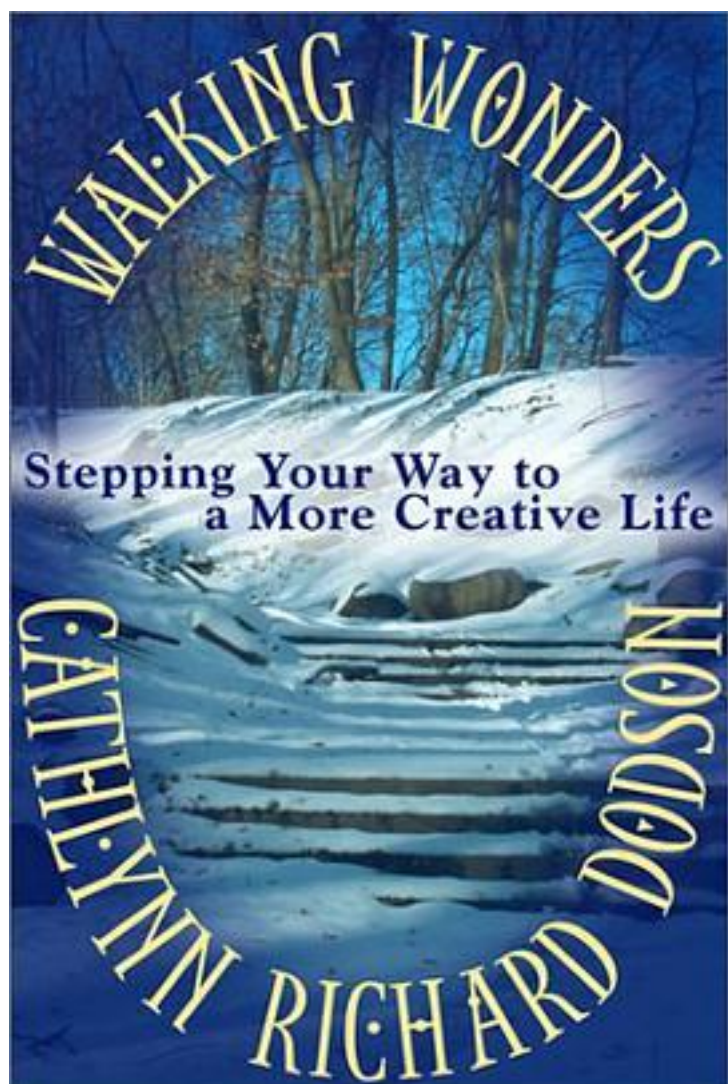


Walking Wonders



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著者:DODSON CATHY RICHARD

出版者:Grand Central Publishing

出版时间:2001-7

装帧:平装

isbn:9780759550193

In this delightful daybook, Cathlynn Dodson shows us how we may find inspiration and relaxation through the simple practice of taking a daily walk. Good for the body as well as the spirit, walking opens us up to the beauty and wisdom of the natural world--all we must do is pay attention. In prose both clear and compelling, the author leads us through a series of meditations based on her own experience, sharing the lessons she has learned in her wanderings, and posing questions we may ponder during our own sojourns. Perfect for reading on a personal digital assistant,

作者介绍:

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