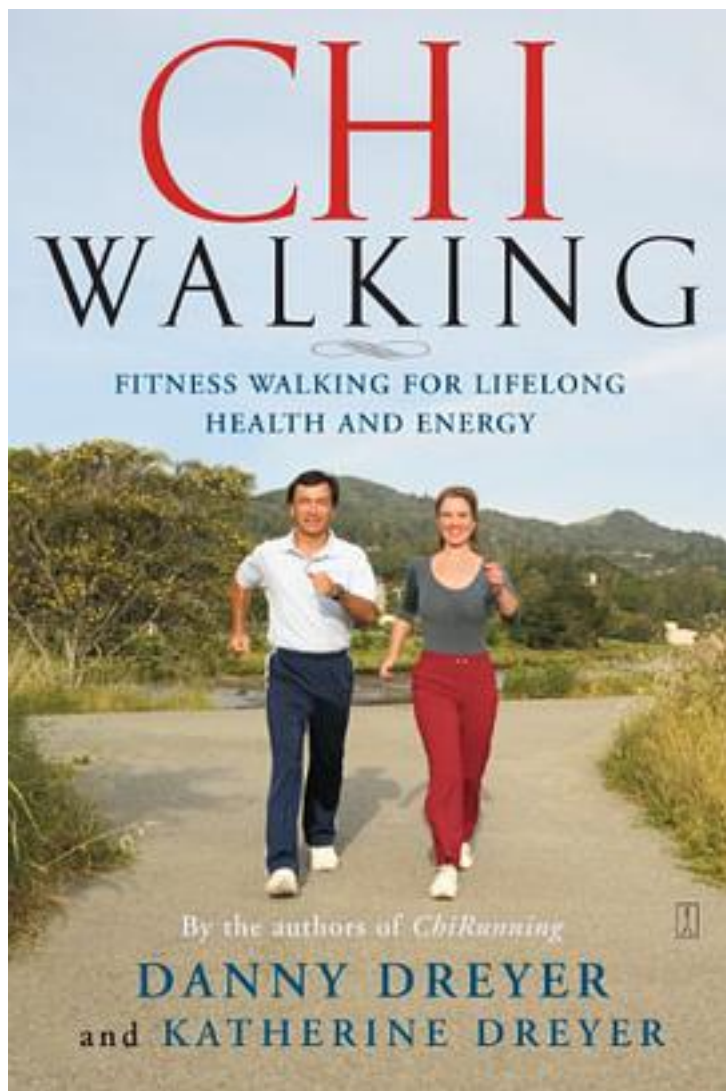


ChiWalking



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著者:Danny Dreyer

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ChiWalking will help anyone, regardless of age or athletic prowess, transform walking from merely a means of locomotion to a physical fitness practice that delivers mental, emotional, and spiritual well-being, too. Just as ChiRunning showed readers how to run more efficiently, ChiWalking also teaches how to access the deep power reserves of the core muscles in the trunk of the body, not the relatively weaker leg muscles. As a result, Danny Dreyer teaches the reader how to walk faster, farther, and with less effort to maximize the benefits of walking.

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