



Walk to Your Heart's Content: The Way to Fitness, Health and Adventure (Paperback)

By Norman D. Ford

WW Norton Co, United States, 1992. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. We all know how to walk right, right? Wrong. But with this book we can relearn in the happiest way-and be ever so much healthier for it. This encouraging book tells how to create a precise self-training program to take advantage of health benefits of walking.



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