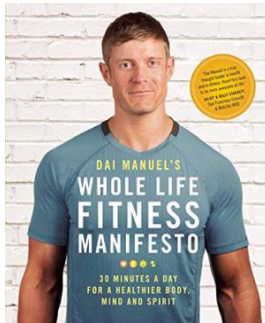


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Lifetree Media, Canada, 2016. Paperback. Book Condition: New. 226 x 190 mm. Language: English . Brand New Book. Lifestyle mentor and fitness coach Dai Manuel s Whole Life Fitness Manifesto is a new kind of fitness book. It s not just about physical health but whole-life fitness that blends mindfulness and personal development with equipment-free workouts. This sustainable lifestyle extends beyond the book, allowing Whole-Lifers to connect with like-minded people in a supportive online community. The Whole Life Fitness Manifesto...

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