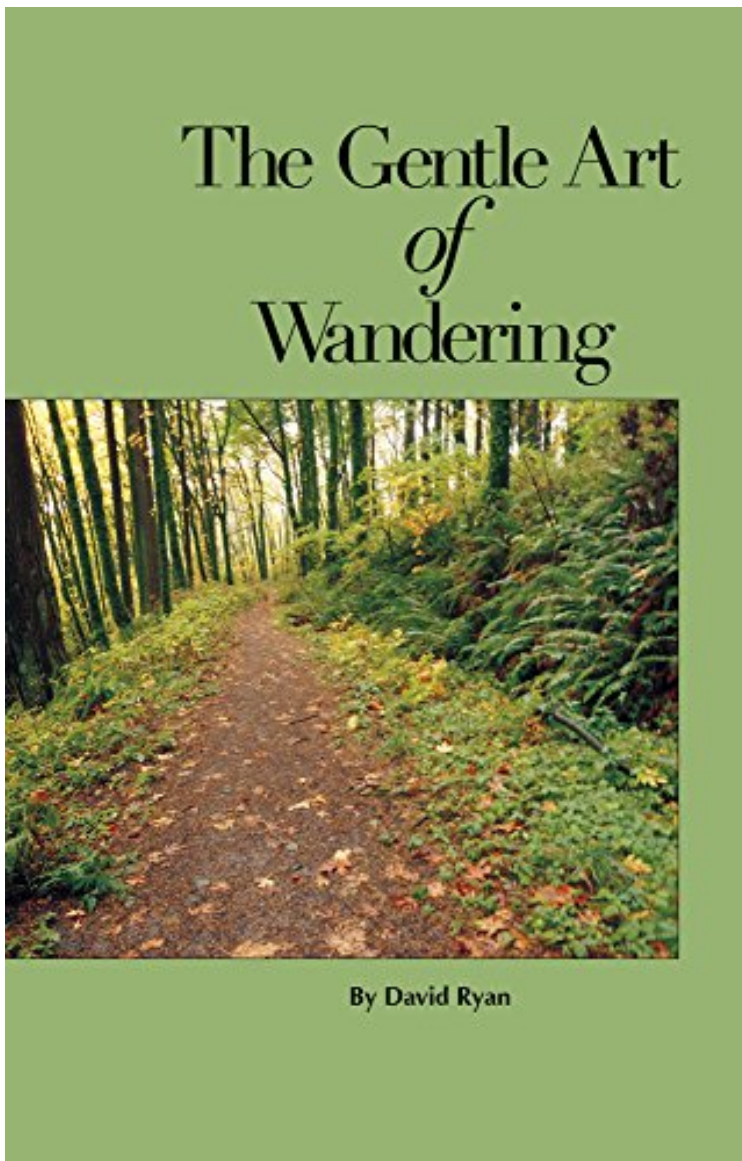


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The Gentle Art of Wandering (English Edition)



Par David Ryan

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Prsentation de l'diteurThe Gentle Art of Wandering is about being mindful when walking. Wandering as described in the book is allowing yourself to see and then letting what you see guide you on where you go. The book, through many examples, will show you the power of wandering and how you too can adopt the mindset of wandering. When you do this you will soon discover that youll always find something and have an amazing adventure every time you go out.Prsentation de l'diteurThe Gentle Art of Wandering is about being mindful when walking. Wandering as described in the book is allowing yourself to see and then letting what you see guide you on where you go. The book, through many examples, will show you the power of wandering and how you too can adopt the mindset of wandering. When you do this you will soon discover

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