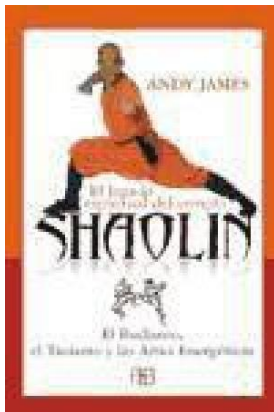


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Ediciones Arkano Books, 2005. soft. Book Condition: New. El singular sistema de instrucción que surgió en el célebre templo de Shaolin, en China -donde se combinaba el espíritu del budismo Chan (Zen) y del taoísmo junto con una disciplina física y marcial rigurosa y con ejercicios de respiración-, acabó por cambiar el modo de concebir la mente y el cuerpo en todo el mundo. Dado que las enseñanzas que habían surgido en el templo de Shaolin (ocultadas durante mucho tiempo)...

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