



## Journey to Center: Lessons in Unifying Body, Mind, and Spirit

By Thomas Crum

Touchstone. Paperback. Condition: New. 224 pages. Dimensions: 8.2in. x 5.3in. x 0.6in. This practical guide introduces readers to the Zen principles Tom Crum has lived by and taught for many years. As a black belt in aikido, a motivational speaker, and an instructor in everything from mathematics to skiing, Crum learned that the key to success in any endeavor is mastering the art of centering. He teaches here the vital techniques for achieving a more relaxed, energized, and integrated approach to our lives. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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