



Awakening Spirits

By Tom Brown

Penguin Putnam Inc. Paperback. Book Condition: new. BRAND NEW, Awakening Spirits, Tom Brown, For the first time, Tom Brown, Jr. - America's most acclaimed outdoorsman - shares the unique meditation exercises used by students of his personal Tracker classes. These techniques for finding inner peace and harmony with nature are based on the wisdom of his greatest teacher, a Native American called Grandfather. Now all of us can learn these spiritual lessons of life through the earth around us - and deep within ourselves. "Awakening Spirits".



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