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Reader's Digest Association (Canada),1992

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about every style of self defense in the world including techniques and strategies In addition Black Belt produces and
markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital
arts figure in the world

Three Feet of Lightning Rita Wilkinson,2014-11-02 The Longstaffe family have farmed
Herdwick Sheep at Felix Hill Farm on the Cumbrian Fells for several generations The story tells of the families up and downs
joys and tragedies of two generations Shepherding with well loved dogs and uncertain weather patterns play a large part in
the story This warm hearted country sage has warmth passion and glows with the authors genuine love for the countryside

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