



Zen in the Art of Bodybuilding

By Peter Lindsay

Brolga Publishing Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Zen in the Art of Bodybuilding, Peter Lindsay, What do the winner of the Mr Australia bodybuilding competition, and a humble student at a Japanese aikido dojo have in common? They're both Peter Lindsay. From filming a movie with Chuck Norris to taking a Native American spiritual retreat in New Mexico, from training in California to meditating in Osaka, let Peter take you on a journey that melds the worlds of competitive bodybuilding and intensive martial arts training into one seamless whole. His journey, into the realisation of balance within the self, and being truly in the moment, body and spirit.



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