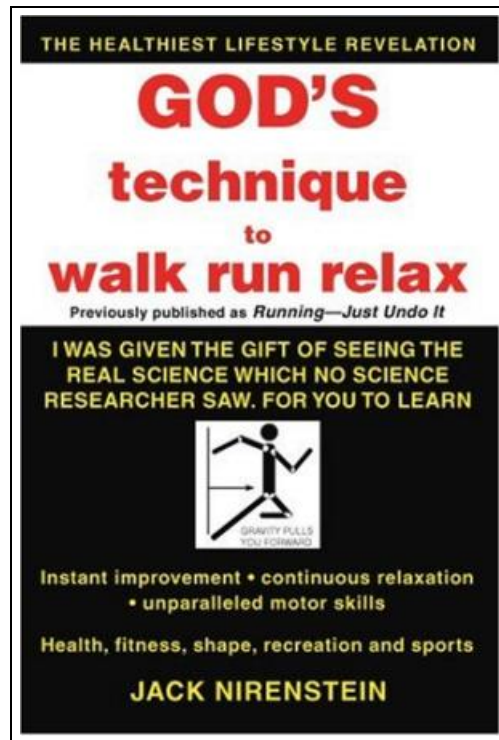


## God s Technique to Walk Run Relax



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iUniverse, United States, 2006. Paperback. Book Condition: New. 226 x 142 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.God gives us all unique abilities, believers and non-believers alike. It took me a while to realize that the extraordinary insights and timing I experienced was too perfect for me to take credit for discovering it. Basically, God s gift to me is the only science out of all the rest that could get you to move from one spot to another to walk, jog, run and sprint. God s process of varying speeds efficiently, in self-transport, will significantly improve everyone s performance on their first try. It is not only the most useful activity for shape, recreation and sports, but also the healthiest. It brings the greatest circulation throughout the entire reaches of the body. They never thought about it, it sounds so logical (that s what everyone tells me). But now you can see that gravity will make you fall forward when you are off balance for standing still (the top of the leg ahead of the foot). Gravity pulling the top of the leg ahead of the stationary foot is the only power that can move you from one spot to another to walk and run. It is unbelievable that researchers, looking at the same picture as me, of a runner with his leg slanted behind his body, also never figured out he is falling forward. When God s way is learned, it will make the current running experts obsolete. I have endorsements, but what do they mean if they come from outdated experts? A sprinter s leg, shown in a complete stride cycle, in figures from A to D. At the end of his speedup phase. Everyone speeds up this way to reach their...



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