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Blind Zen: Martial arts and Zen for the blind and vision impaired

Mr Stefan H. Verstappen

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Blind Zen: Martial arts and Zen for the blind and vision impaired Mr Stefan H. Verstappen
Blind Zen tells the story of how a blind woman's efforts to learn self defense led to a unique experiment to adapt martial arts and eastern philosophy to develop new skills and increase self confidence. This book includes descriptions and scientific explanations of the unique Zen inspired exercises that anyone can learn and provides a fresh new approach and exciting possibilities to improve the quality of life of the vision impaired.

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