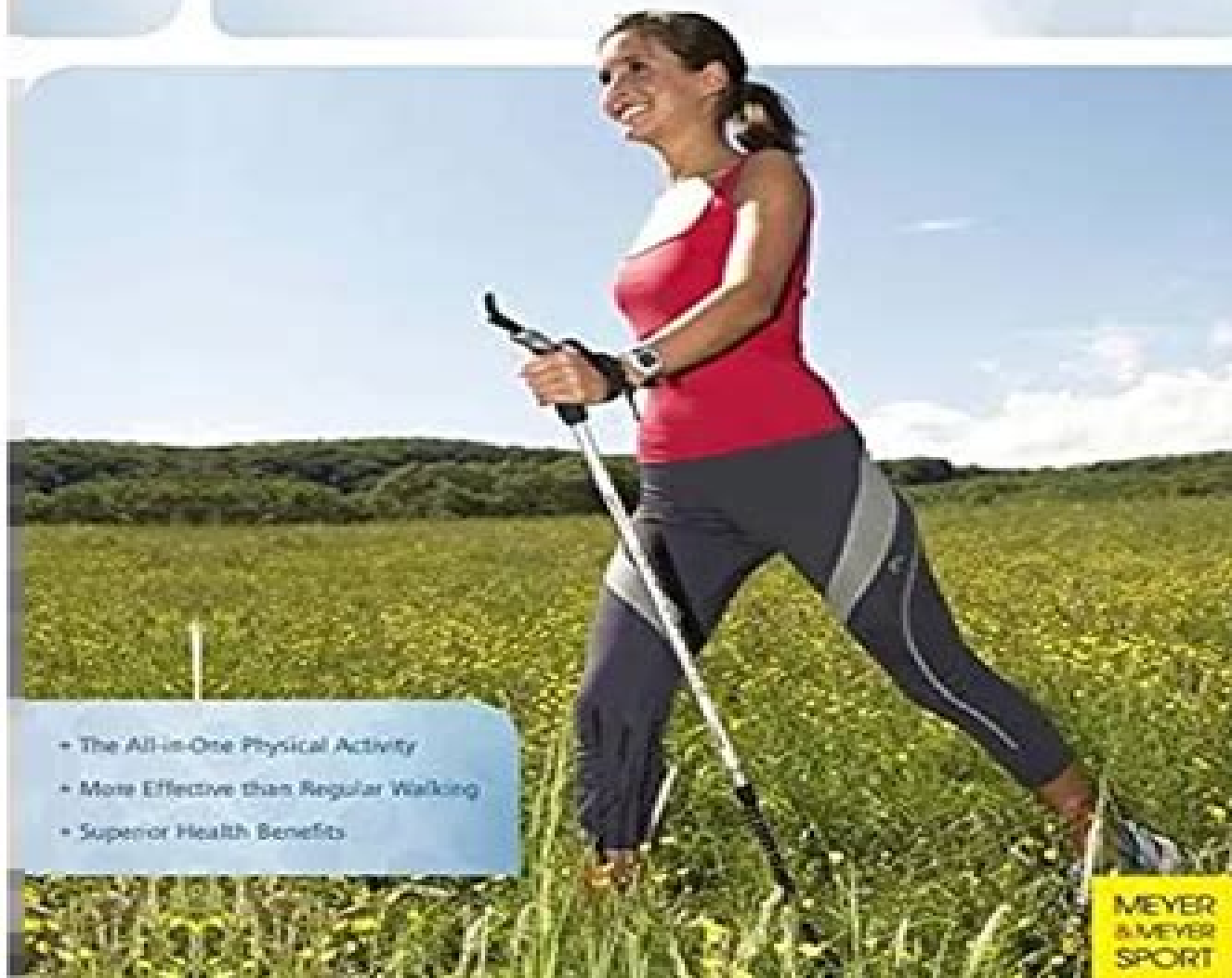


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Red Book ,1991-11 The magazine for young adults varies *Nordic Walking for Total Fitness* Suzanne Nottingham,2010 **Flodberg's Book on Running** William J. Flodberg,1990-12 *Harrowsmith Country Life* ,1990 **Nordic-Baltic-U. S. Almanac** Stephen Strickland,Jay Ryfa,2006-03 This 340 page Almanac full of colorful graphics and photos covers past and present connections between Denmark Finland Iceland Norway Sweden Estonia Latvia Lithuania and the USA Each country is introduced by its Ambassador All sections contain scenic views and interesting facts about that country The Almanac covers Diplomacy Business Trade Investment Culture Education and Science Directory gives information on 3000 corporations and hundreds of other institutions Feature articles and interviews with the late U S Chief Justice Rehnquist Lithuanian President Adamkus Congressmen Sabo and Shimkus actor Viggo Mortensen drummer Lars Ulrich of Metallica ABBA and MAMA MIA directors Peter Martins and Helgi Tomasson of New York City and San Francisco Ballets conductors Esa Pekka Salonen Osmo Vanska Andre Previn Neeme and Paavo Jarvi architects Eliel and Eero Saarinen pianist Leif Oves Andsnes and many others Additional info www.NordicBaltic.US

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even too sedentary seniors Nordic Walking is a recreational and fitness activity for the 21st century and Nordic Walking the first complete guide to how to get started with this fun and healthy new sport *The Complete Book of Winter Sports* Gene Brown, 1980 Traces the history of various winter sports including skiing skating and tobogganing as presented in articles in the New York Times *Arts & Decoration* ,1926 **Shape** ,1993

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