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## Ginga and Grow Strong: Improve Your Health, Fitness, and Family Life Through the Art of Brazilian Capoeira

By Chris Roel

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand

\*\*\*\*\*.Additional bonus: each chapter has a link to tutorial videos, demonstrations, goal setting sheets, sample diet, easy Brazilian Portuguese lessons, and more! If you have ever been curious about this very aesthetic art for yourself or for your child, just started training Capoeira, or know nothing about it, this book is for you! Get ready for a cultural, and improvement treat! The bonuses included are worth 20 times the sale price!

This book is for the every day Joe or Jane considering a martial art or activity to solve one of life s many problems. The art of Brazilian Capoeira is the answer to many of these problems. It ll help you lose weight, build muscle, adopt a healthier lifestyle, surround yourself with better influences, set and achieve goals, build confidence, teach rhythm, Brazilian Portuguese, percussion, Samba, strengthen your family relationships, and so much more. Imagine learning self-defense and martial arts and all the before mentioned skills all in one class. This book is my story on how I lost 20 lbs., changed my life,...



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