

Mountain Challenge: 50 keys for applying the teachings of alpinism to your life

Paolo Cavalcanti



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Mountain Challenge: 50 keys for applying the teachings of alpinism to your life Paolo Cavalcanti In the best-case scenario, the round trip to the summit will give you a lesson. This guide is much more than a manual for alpinists; it is a series of essential premises for those who embark on the adventure of accomplishing a real inner change.

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