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Thomas Crum is the author of Journey to Center and The Magic of Conflict (both published by Simon and Schuster), and founder and president of Aiki Works, Inc. He has

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Author Name CRUM, Thomas F. Title Journey to Center. Lessons in Unifying Body, Mind, and Spirit. Publisher New York: Fireside, 1997. 0684839229

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Thomas Crum. Journey to Center. January 30, Thomas Crum introduces the principle of centering, a skill for unifying body, mind and spirit.

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