

Moon Time: The Art of Harmony with Nature and Lunar Cycles

Johanna Paungger, Thomas Poppe



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Moon Time: The Art of Harmony with Nature and Lunar Cycles Johanna Paungger, Thomas Poppe Direct perception and experience led our ancestors to discover that the success of many daily activities was subject to the natural rhythms, phases, and positions of the moon. Learn how to use the timeless power of lunar cycles to strengthen yourself physically, mentally, and emotionally.



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