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Borneo Tamara Thiessen, 2016-01-05 From the steamy highlands and sapphire watered islands of Sabah and Sarawak to the mesmerising mosques and mysticism of the Sultanate of Brunei the island of Borneo is a wonder world of colourful tribal cultures exotic rainforest creatures Straddling the Equator and swept in by various Seas and Straits it is home to the orang utan long nosed beer bellied proboscis monkeys and otherworldly carnivorous plants straight out of Lord of the Rings The latest edition of the Bradt Travel Guide to Borneo provides fully updated insider information for touring the island including regional capitals rural outposts and National Parks

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The Conference Board Review ,2008

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Whitaker's Books in Print ,1998

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Aerobic Walking Casey Meyers,1987 Complete book on aerobic exercise that anyone from 8 80 can do without risk of injury Meyers explains how to burn calories to get the best results on weight loss cardiovascular fitness stress relief and more

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The Complete Book of Exercisewalking Gary Yanker,1983

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