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Alex Sternberg

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Martial arts helped change Alex Sternberg's life, and they can help change yours, too! Open Your Heart with Martial Arts helps both beginners and experts appreciate how martial arts can benefit their life physically, emotionally, and spiritually. With more than 45 years of experience in martial arts, Dr. Sternberg is the perfect instructor to help individuals, as well as families -- including children -- make the most of their experience.

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