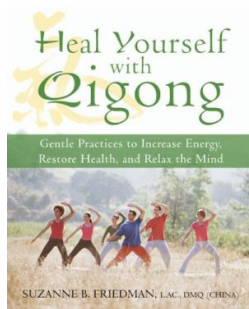


Heal Yourself with Qigong: Gentle Practices to Increase Energy, Restore Health, and Relax the Mind



Book Review

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