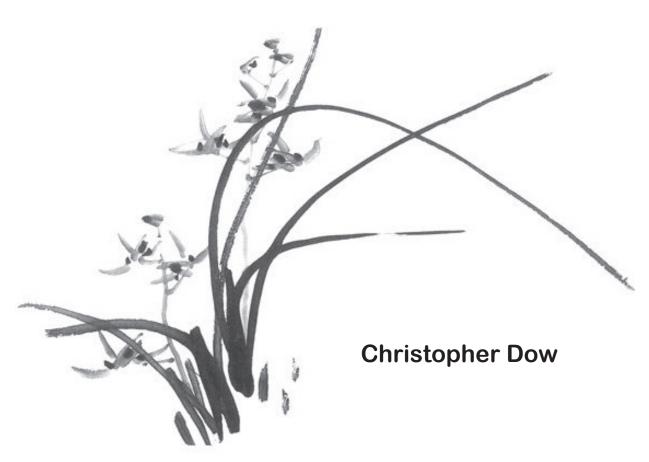
Alchemy of Breath

An Introduction and Practical Guide to Chinese Chi Kung Exercises for Health and Well-being



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