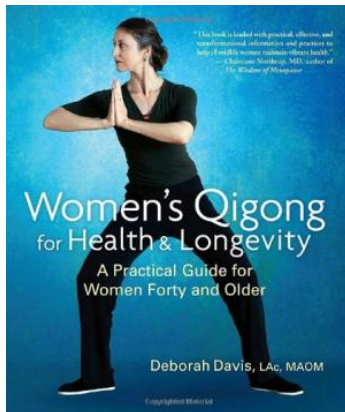


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# WOMEN'S QIGONG FOR HEALTH AND LONGEVITY: A PRACTICAL GUIDE FOR WOMEN FORTY AND OLDER



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