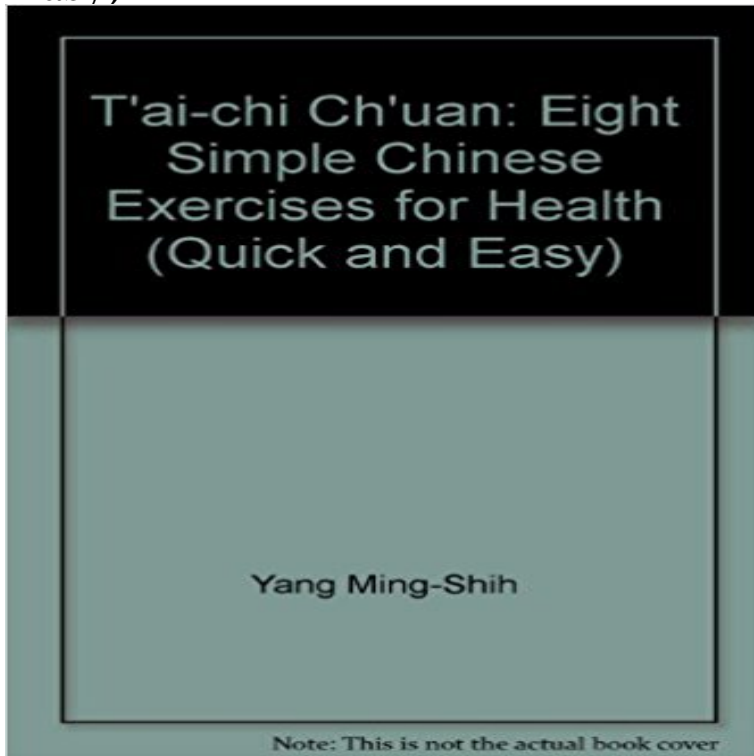


Tai-chi Chuan: Eight Simple Chinese Exercises for Health (Quick and Easy)



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