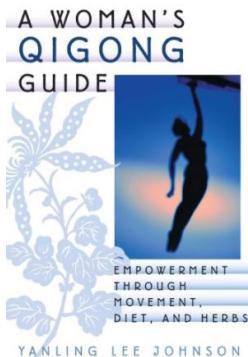


## A Woman's Qigong Guide: Empowerment Through Movement, Diet and Herbs



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