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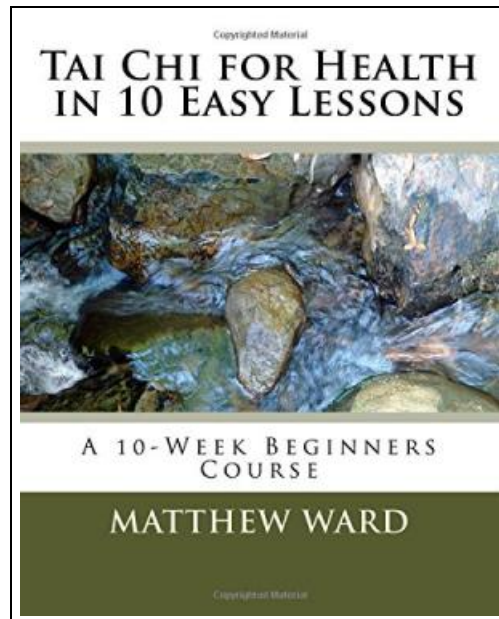
Tai Chi for Health
in 10 Easy Lessons

A 10-Week Beginners
Course

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