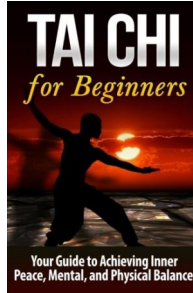


Tai Chi for Beginners: Your Guide to Achieving Inner Peace, Mental, and Physical Balance



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