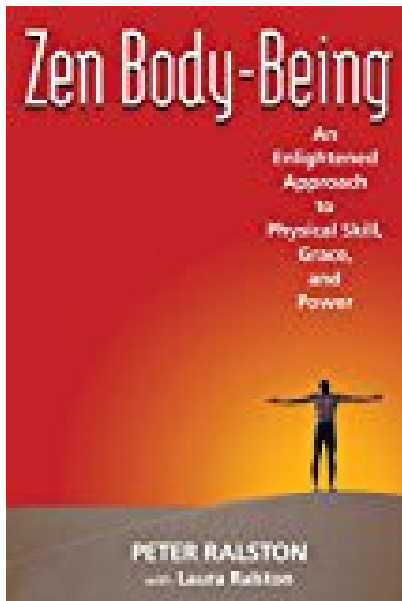


Zen Body-Being An Enlightened Approach to Physical Skill Grace and Power



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