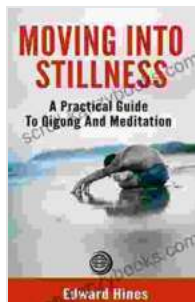


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Moving into Stillness - a practical guide to Qigong and meditation by Edward Hines

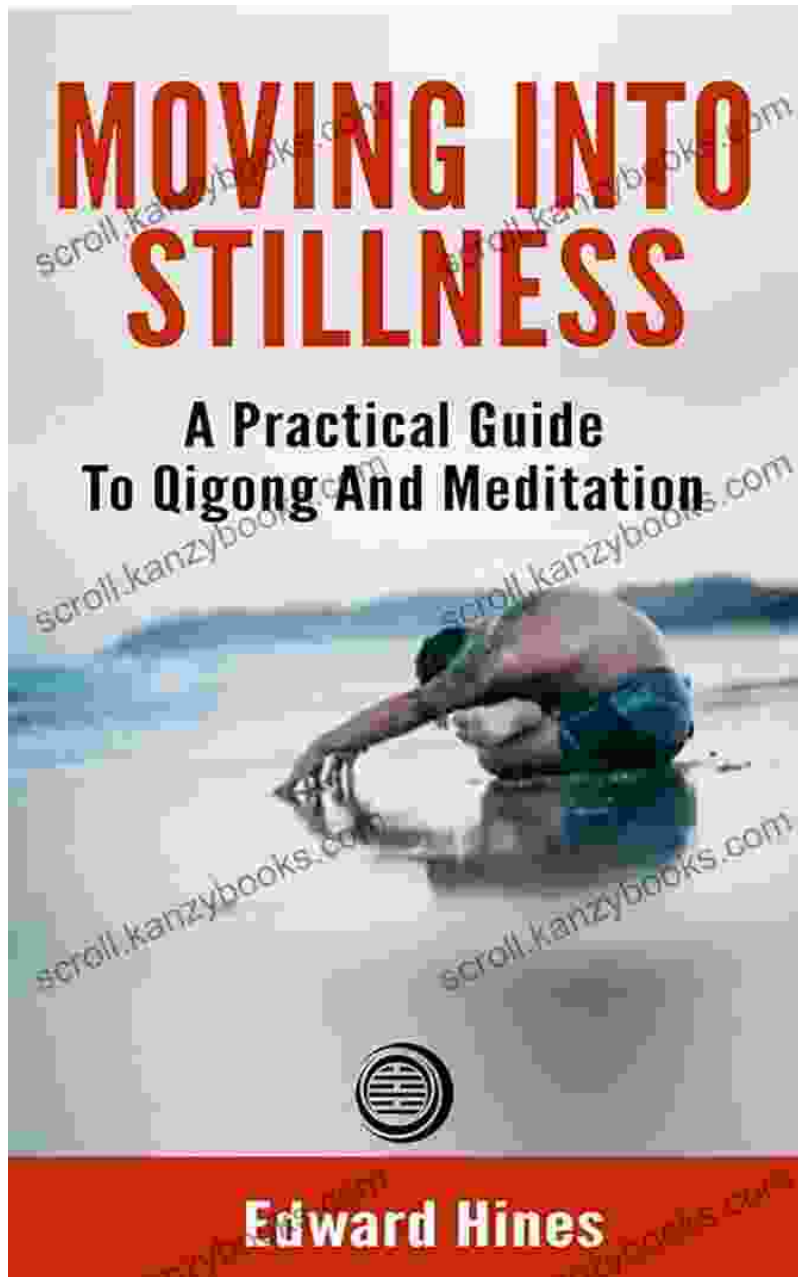
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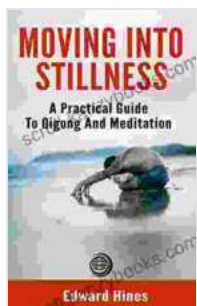
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- Reduced inflammation

- Enhanced immune function
- Increased energy levels
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- A deeper sense of purpose and fulfillment

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