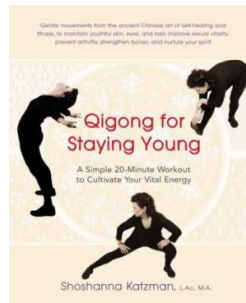


Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy



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