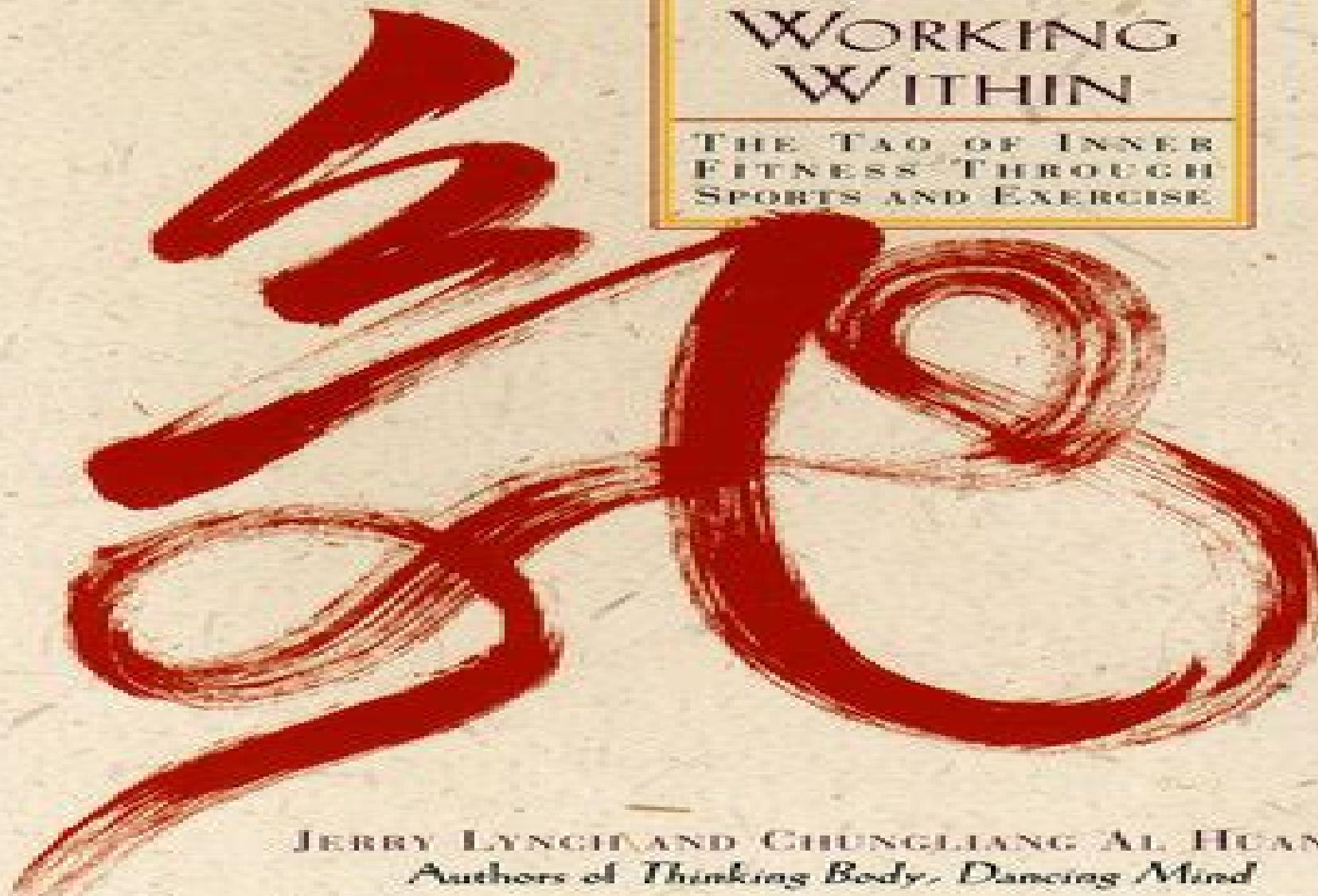


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# WORKING OUT, WORKING WITHIN

THE TAO OF INNER  
FITNESS THROUGH  
SPORTS AND EXERCISE



JERRY LYNN AND CHUNGLIANG AL HUANG  
*Authors of Thinking Body, Dancing Mind*

# Working Out Working Within

**Vsevolod Illarionovich Pudovkin**

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