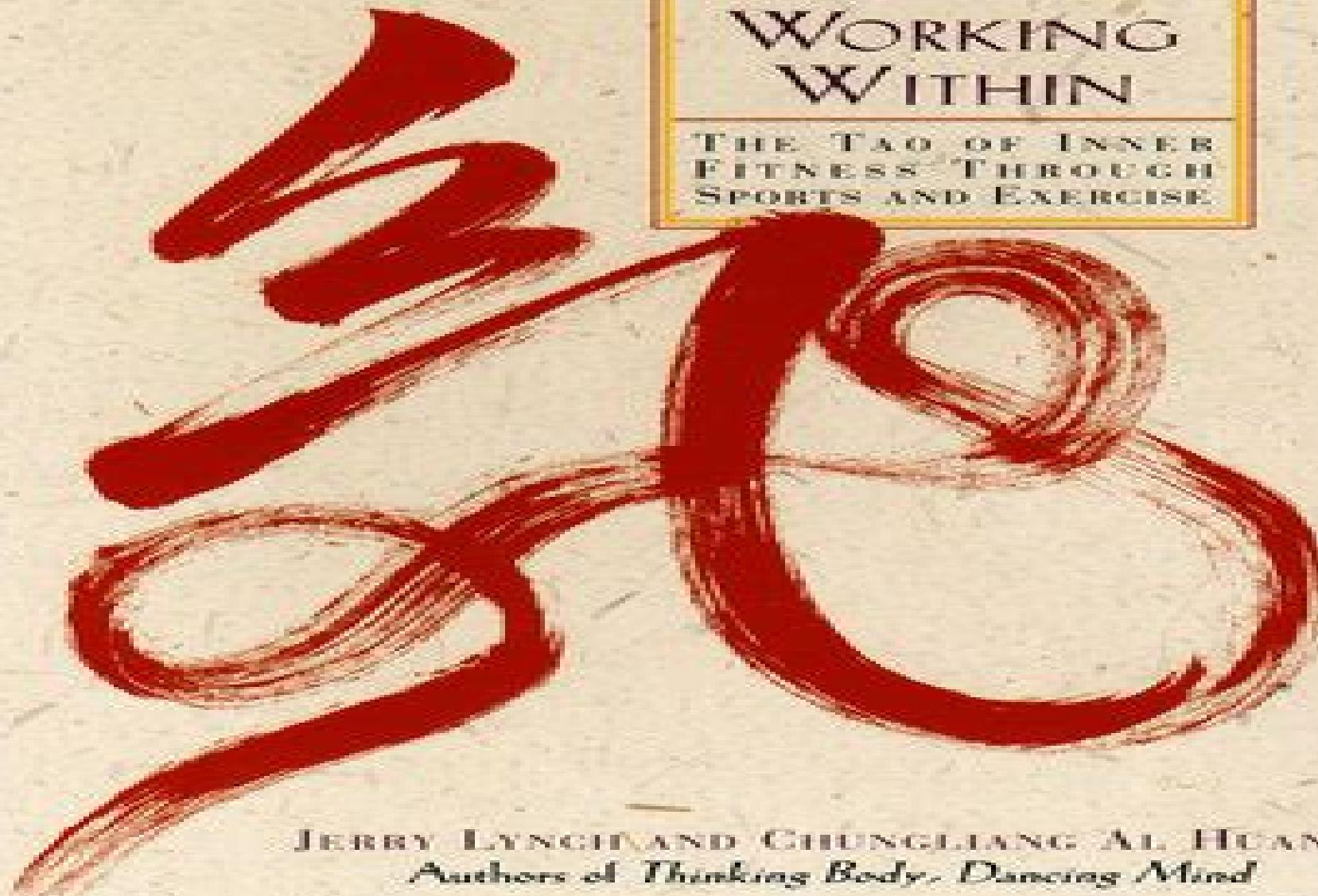


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WORKING OUT, WORKING WITHIN

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

Jin-Ying Zhang

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