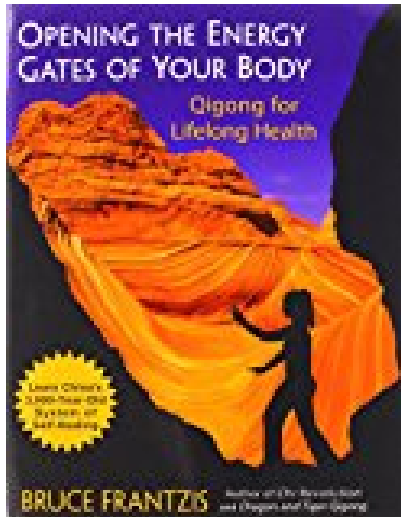


Opening the Energy Gates of Your Body Qigong for Lifelong Health



BOOK DETAILS

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BOOK SYNOPSIS

"Bruce Frantzis demystifies the fundamental principles of chi gung and provides a comprehensive exercise program with detailed illustrations to increase life energy, improve health, boost sports performance, and combat stress and aging."--Provided by Publisher.

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