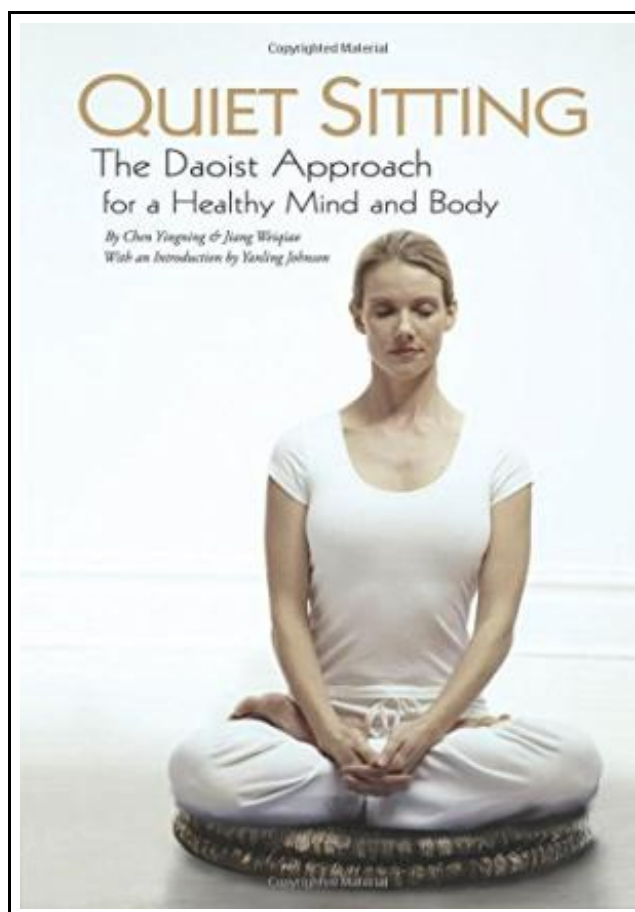


Quiet Sitting The Daoist Approach for a Healthy Mind and Body



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