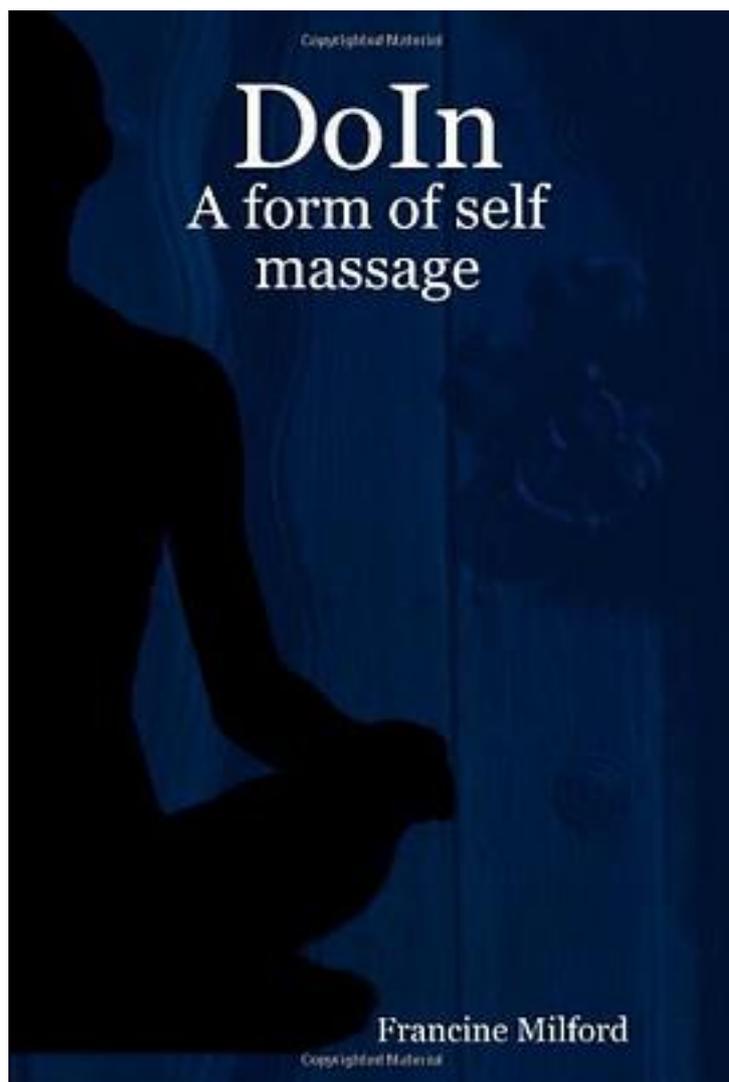


Doin



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著者:Milford, Francine

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DoIn is a form of self massage that can invigorate the body and bring vital oxygen to the tissues and organs. Used daily, a DoIn routine can bring your body into balance and maintain health and vitality. Includes photographic illustrations with easy to follow directions.

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