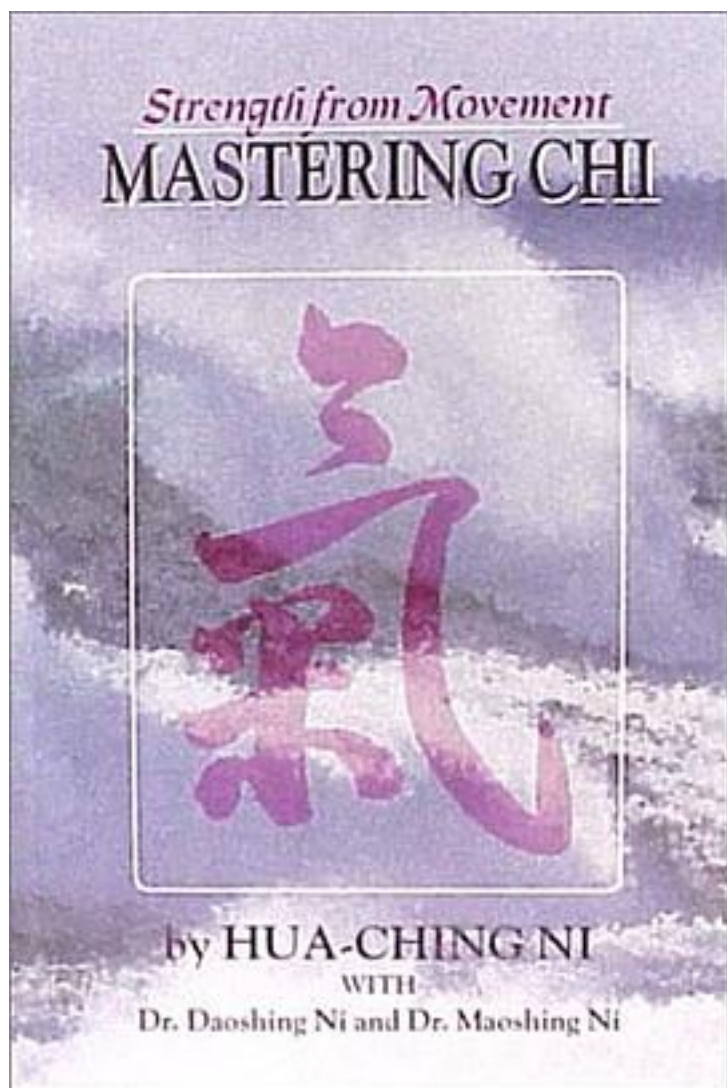


Mastering Chi



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著者:Hua Ching Ni

出版者:Sevenstar Communications

出版时间:1994-1-1

装帧:Paperback

isbn:9780937064733

A comprehensive guide to the Taoist physical arts. The authors show how one's spiritual and mental attitude have as much to do with health as diet and exercise and how mastery of chi can lead to rejuvenation.

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