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Xiuling Li: Edition: 2,
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Illustrations of breathing exercises on nearly every page. Explains the ancient healing techniques of ki-kou, a secret system of Chinese breathing exercises that has been used by traditional Chinese doctors for thousands of years to heal and prevent everything from colds to

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cancer. 156 pages. 11 x
8.5 inches. 2003, Agora
Health Books, USA.

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