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As a complete beginner to Qigong, I find this an invaluable guide for my daily practice. Michael writes a comprehensive, but not overly lengthy history and analysis

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Michael Tse is Qigong and martial arts master. He is the author of Qigong for Health and Vitality. He lives in England.

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Michael Tse Qigong for Health and Vitality Publisher: Piatkus Books (March 23, 1995) Language: English Pages: 144 ISBN: 978-0749913366 Size: 19.38 MB

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