



The Complete System of Self-Healing: Internal Exercises

Dr. Stephen T. Chang

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Chang has devoted forty years of intensive research, experience, and meticulous selection to make sure that the techniques within this book are: Absolutely true Taoist teachings 2.) absolutely scientific 3.) Proven to possess great healing value 4.) Absolutely natural 5.) Absolutely safe (no side-effects) and free from time or space limitations.

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