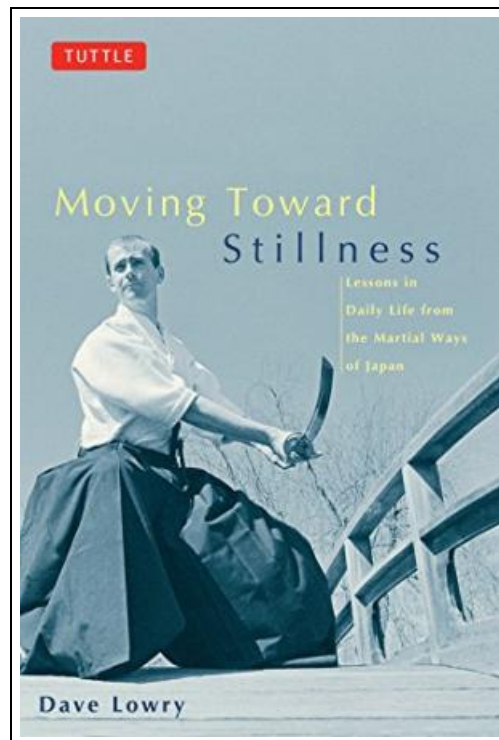


## Moving Toward Stillness: Lessons in Daily Life from the Martial Ways of Japan



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