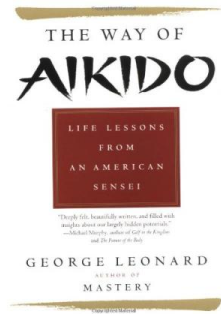


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THE WAY OF AIKIDO: LIFE LESSONS FROM AN AMERICAN SENSEI



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