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With Qi Gong By Lee Holden**

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Lee released his first book, 7 Minutes of Magic: Recharge your Body Each Day with Qi Gong which has been prominently featured in broadcast and multi-media.

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Going with the flow comes naturally to Lee Holden. The Qigong master and founding director of Santa Cruz Integrative Medicine and Chi Center grew up in a family where

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Lee Holden. Lee Holden is He is the creator of a popular library of qigong DVDs and author of Seven Minutes of Magic: Recharge Your Body Each Day Awaken Your

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