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Doctor K. is Dr. Anthony L. Komaroff, Editor in Chief of the Family Health Guide and Professor of Medicine at Harvard Medical School. Each day he answers reader's questions about a wide range of health concerns.

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The Harvard Medical School Guide to Tai Chi is a wonderful, elegant book that embraces the tensions between science and art, modern research and traditional wisdom, movement and stillness, and effort and effortlessness. The authors have written a Tai Chi book that embodies the gracefulness

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