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Sophia Delza is the author of **Tai Chi Chuan** (2.00 avg rating, 2 ratings, 0 reviews, published 2010), **Tai Chi Chuan-Bodymind** (2.00 avg rating,
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She also wrote the first English language book on t'ai chi, T'ai Chi Ch'uan: Body and Mind in Harmony, in 1961.
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