



Perform 5-10 repetitions, 3x/day.

## Stand Up Sitting Down

**Clifford Lane**

## **Stand Up Sitting Down:**

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**Hypnotism and Hypnotic Suggestion** E. Virgil Neal, Charles S. Clark, Charles Samuel Clark, 1900 **Shoemaker's**

**Best Selections for Readings and Recitations**, 1895 *Men in Sheepskin Coats* Vera Lysenko, 1947 *Proceedings ...*

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