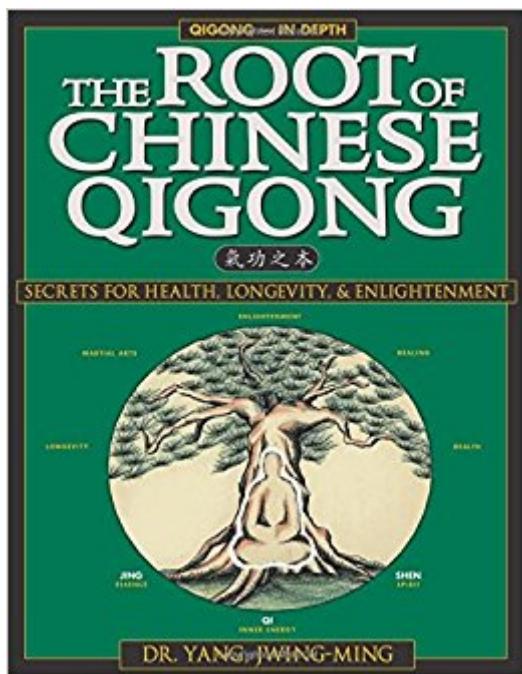


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The Root Of Chinese Qigong: Secrets Of Health, Longevity, & Enlightenment



Synopsis

Complete reference for all levels of Qigong practice.

Book Information

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"For those who are interested in learning the basic concepts and practical applications of Qigong as a means of cultivating health and longevity, The Root of Chinese Qigong provides an excellent and comprehensive overview ." (Daniel Reid, author of The Complete Guide to Chinese Health and Healing from his forward)"...we are in Dr. Yang's debt for this definitive guide to better health and well-being." (Irwing W Rosenberg, M.D., Professor of Medicine and Nutrition, Director of The Human Nutrition Research Center on Aging)

Text: English (translation) Original Language: Chinese

Great book!

as always Yang Jwing-Ming is a wealth of knowlege. i found this book to be very insightfull. this book is not a how to book. i would not say this book gives you any feeling for the art as much as it lends you a good out look and compisition of the art of chi-gung and the arts relation in other similar and related practices.

Excellent treatise on the subject. Very well researched. Extremely informative. Impresses one there is a heck of a lot more to qi gong than coordinated breathing, movement and visualization. Most books on the subject deal simply with the superficialities. This gives the history, background and explanation in far greater detail. It's a must read for anyone sincerely interested in the subject.

I wish they had a brandnew hardcover copy for decent price. Interesting book.

buy it and read it and tell others. Live a long healthy life! That is my wish for you. This book will give you the spiritual mental and physical strength to do so. Start while you are young for best results but us old timers can learn life extension techniques from this book too! Highly recommended. Any of Dr. Mings books i would highly recommend, but not without Training from a real master!

This is good beginner, good background, just great easy to read information. I have it to support other reading in TCM. He offers a lot online as well as a full complement if DVDs and written information. He's been at it a long time. Try this if you are interested in Qigong.

This book is so awesome. I have read some different books on eastern philosophy, but had many questions answered by this book. The author is an amazing man. The book is very well done.

I read this book when I was 12 years old and could never find it again until recently. I'm thrilled to purchase it. Such a well written book describing the ideas of QiGong and varying levels of complexity. It details different aspects of practice, from breathing to meditation to exercise. One of the best on its topic and an accomplished author as well.

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