



Chi Gong: The Ancient Chinese Way to Health

By Paul Dong, Aristide H. Esser

North Atlantic Books, U.S. Paperback. Book Condition: new. BRAND NEW, Chi Gong: The Ancient Chinese Way to Health, Paul Dong, Aristide H. Esser, "Chi Gong" is a concerted attempt to bridge the divide between Chinese and Western science, systems of health care, and spiritual practice. With proven, step-by-step exercises, chi gong instructor Paul Dong and psychiatrist Aristide H. Esser show how to perform basic and advanced chi gong exercises; increase vitality by maintaining the balance of energies in your body; prevent and cure ulcers, hypertension, heart disease, and general aches and pains; and achieve a comfortable and therapeutic meditative state, promoting health and longevity. The authors encourage practitioners not to settle just for their own self-healing and cultivation, but to develop external energy for the benefit of others, as well as to augment and strengthen their martial and spiritual disciplines. More than just an instruction manual, "Chi Gong" represents the first comprehensive survey of this revolutionary healing art. Dong and Esser discuss chi gong's history, famous practitioners, applications for health and the martial arts, and its role in exceptional human functioning and mind/body interactions. Combining information from Western scientific investigations and personal insights from Paul Dong's decades-long practice, the book provides a thorough...



READ ONLINE
[6.92 MB]

Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**

See Also



To Thine Own Self

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Carefree and self assured Carolyn loves her life. Her uncle runs the day-to-day details of her company leaving...



Genuine book Oriental fertile new version of the famous primary school enrollment program: the intellectual development of pre-school Jiang(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2012-09-01 Pages: 160 Publisher: the Jiangxi University Press Welcome Salan. service and quality to your satisfaction. please tell...



TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2) (Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



Edge] the collection stacks of children's literature: Chunyang Qiuyun 1.2 --- Children's Literature 2004(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: 2005 Pages: 815 Publisher: the Chinese teenager Shop Books all book. the genuine special part of the spot...