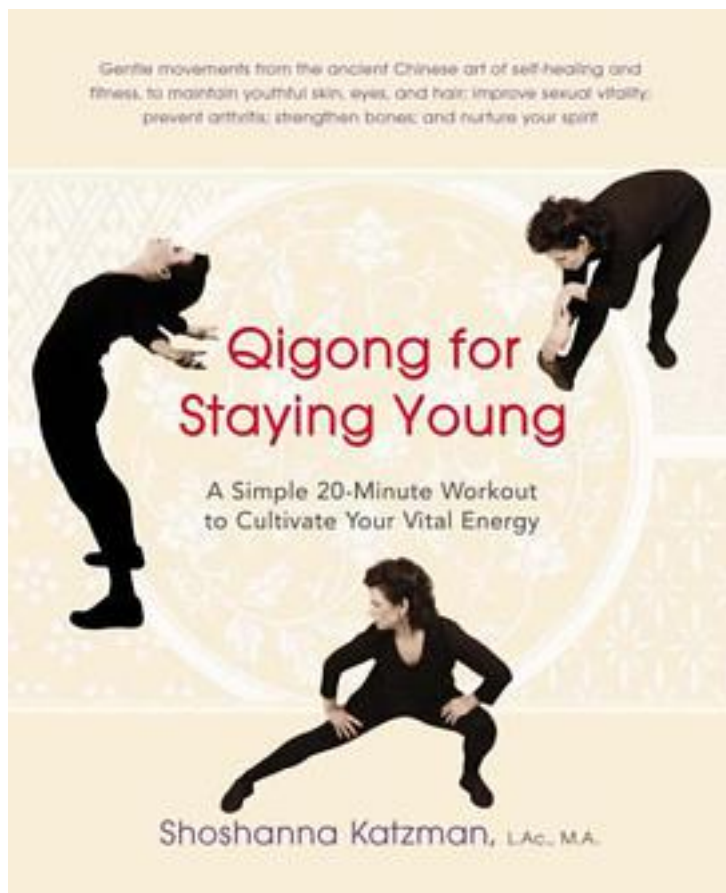


Qigong for Staying Young



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著者:Katzman, Shoshanna

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Gentle movements from the ancient Chinese art of self-healing and fitness to maintain youthful health and vitality.

Shoshanna Katzman introduces readers to the practice of qigong through her graceful twenty-minute program that incorporates postures, breath, sound, visualization, and

self-massage. This revitalizing workout will help women of all ages maintain youthful skin, eyes, and hair; improve fitness; and renew energy. Readers can then customize their routine, as the author explains how to apply the healing powers of qigong-along with herbal and dietary remedies-to specific age-related concerns such as arthritis, osteoporosis, menopause, weight gain, and decreased sexual vitality.

作者介绍:

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