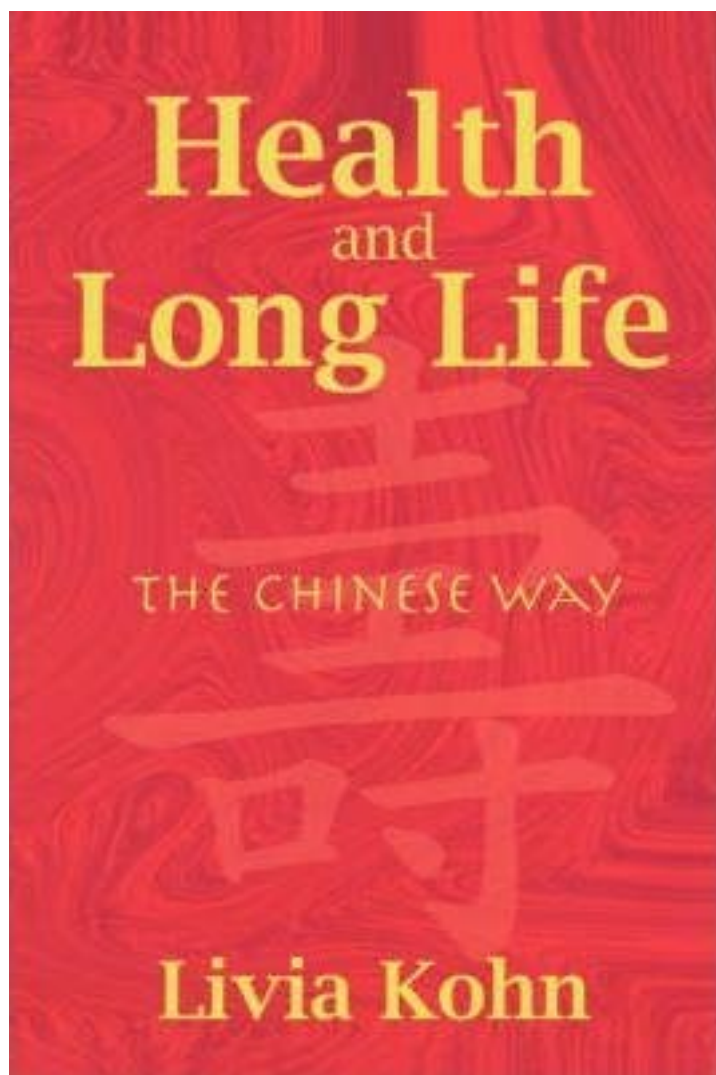


Health and Long Life



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著者:Livia Kohn

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Health and Long Life: The Chinese Way brings together the wide variety of Chinese medical and spiritual methods in one integrated volume. It provides not only a basic description, but also discusses the relationship of Chinese healing to contemporary Western science and religious Daoism. Easy to read, with numerous charts and illustrations, and enriched by exercises that encourage readers to examine their own practices and attitudes, Health and Long Life is a great resource for anyone interested in Chinese healing.

作者介绍:

Livia Kohn is professor emerita of religion and East Asian studies at Boston University and now lives in Florida. Her specialty is medieval Daoism and the study of Chinese longevity practices. She has written and edited numerous books and is a long-term practitioner of taiji quan, qigong, yoga, and meditation.

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