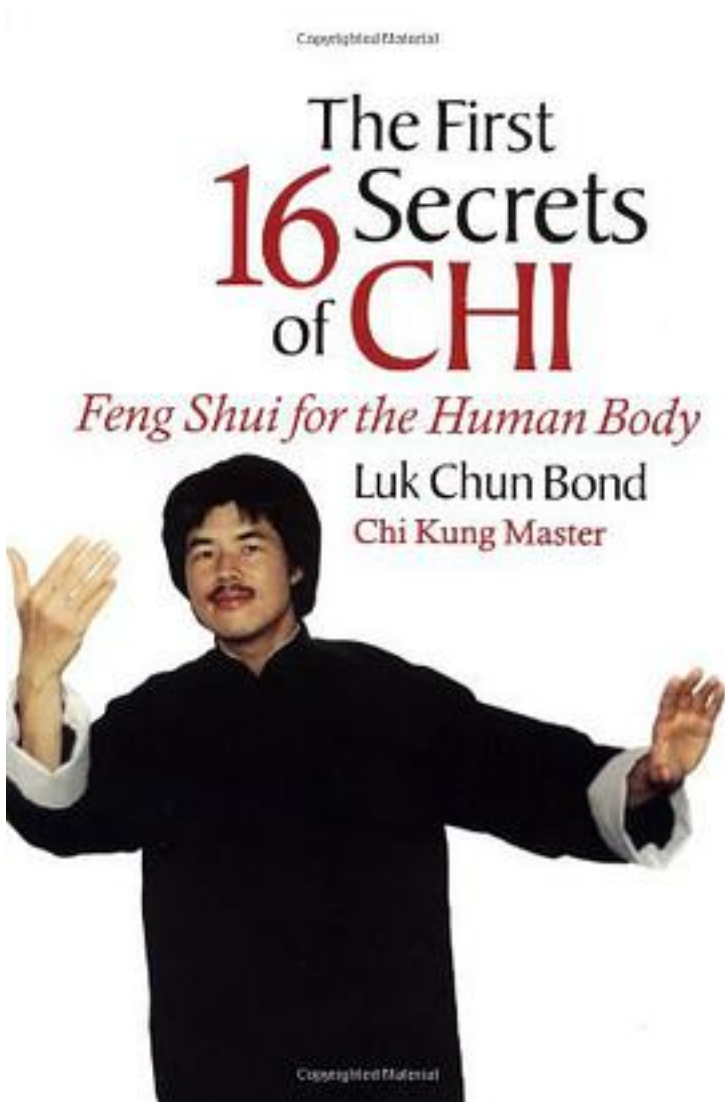


The Sixteen Secrets of Chi



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The First Sixteen Secrets of Chi offers a series of vitalizing and healing exercises that are at once astonishing in their simplicity and profound in their effects. Moreover, the exercises are prescriptive, acting like a "medicine of movement." Master Bond has developed a keen understanding of the similarities between the way chi moves in our external world and through our internal system.

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