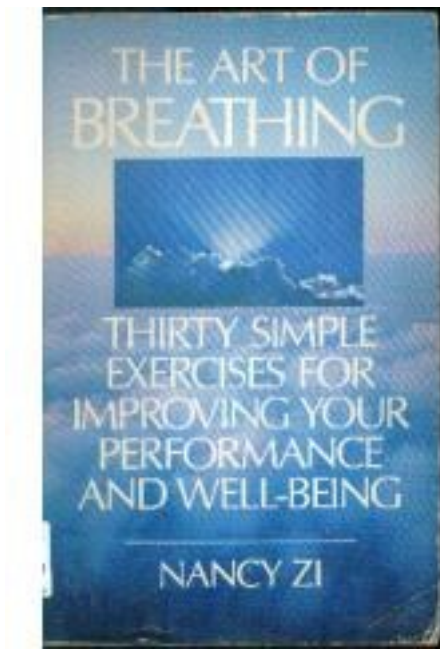


# Art of Breathing, The



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This acclaimed classic shows you how to transform breath into vital energy to attain a perfect balance of body, mind, and spirit. Classical singer and chi kung expert Nancy Zi guides you through the art of breathing in six simple lessons. Using twenty-four progressive exercises and mental imagery drills, Zi demonstrates how to use breathing to: Look, feel, and be healthier, Minimize the effects of aging, Increase stamina and coordination, Work through pain and promote healing, Enhance speech, singing, athletics, meditation - and more! Fifty questions and answers, targeted exercises, applications, and a thought-evoking Epilogue further expand the learning experience. This dynamic book has over 100, 000 copies in print and translations in many languages.

作者介绍:

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