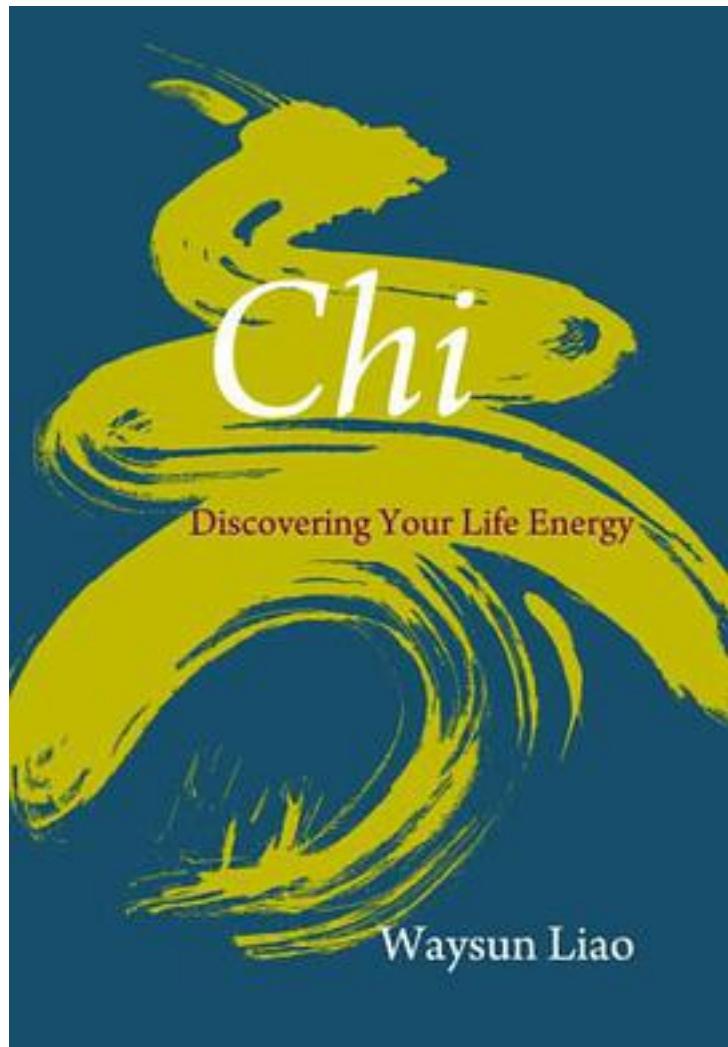


CHI



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Chi is the invisible energy of life that flows in and around us throughout the universe. Used skillfully, it can have a remarkable effect on health and vitality—to the degree that you'd be tempted to call it magical, if it weren't so completely natural. Here is a perfect introduction to chi that explains in a direct and simple way what it is and why it is essential to a healthy and vital life. It provides an easy-to-understand explanation of chi, and then helps readers recognize, develop, and strengthen their own chi through specific breathing techniques and basic exercises, all demonstrated by the author.

There are many books on chi development through t'ai chi and qigong practice, but this one goes deeper to enable you to understand the fundamental principles as you cultivate it. This book is a reference for alternative health professionals such as acupuncturists and shiatsu therapists and their patients, as well as for anyone who practices t'ai chi, qigong, aikido, and other chi-based martial arts.

作者介绍:

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