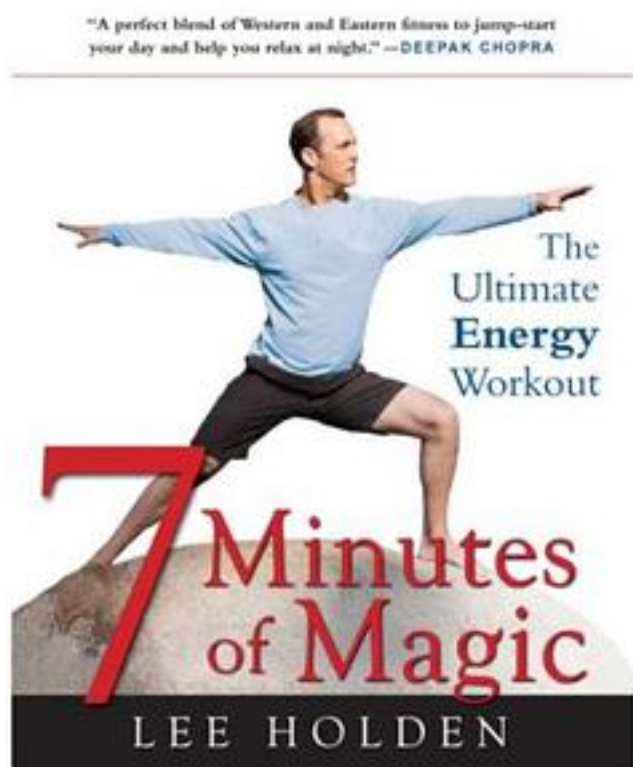


7 Minutes of Magic



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A blend of Eastern movements rooted in qi gong and Western fitness, 7 Minutes of Magic offers the perfect total workout to dramatically change your energy and fitness levels each day. In the morning, the seven-minute sequence wakes up the body with flowing movements and stretches designed to charge the muscles with energy and help focus the mind for the rest of the day. While in the evening, the exercises clear stress and calm the mind for sound sleep. In addition, Holden provides breathing techniques, nutritional tips, and advice on simple lifestyle changes throughout the day.

to increase vitality.

Complete with more than 125 step-by-step, black-and white photographs, variations for more targeted workouts, and additional routines for more relaxed weekends, with 7 Minutes of Magic readers will start feeling their best today.

- More than one million Americans practice qi gong.
- Lee’ s 7 Minutes of Magic DVD is featured on PBS pledge drives nationwide.

作者介绍:

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