

# Eternal Spring

TAIJI QUAN, QI GONG, AND THE CULTIVATION  
OF HEALTH, HAPPINESS AND LONGEVITY



Michael W. Acton

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The traditional martial art of Taiji Quan and the practice of Qi Gong are both sophisticated expressions of Chinese health culture and are still practiced by many people in China today to achieve what is commonly called 'Eternal Spring', or the attainment of both mental and physical health and longevity."Taiji Quan and Qi Gong: The Art of Self Cultivation and Eternal Spring" is both a resource and an inspirational discourse written for a Western audience. It explains the essential theories and methods of Taiji Quan and Qi Gong in an insightful and accessible way. It expounds their value in our daily lives and positions them as the most comprehensive strategy for health, happiness and rejuvenation currently available. In addition, it presents Taiji Quan and Qi Gong as a most effective means of combating the stresses, strains and illnesses that are now so much a part of our modern lifestyle. Michael W. Acton guides the reader through core concepts with an insight and wisdom born out of many years of practice and teaching. He tells us what we need to know and for what reason, building a comprehensive picture that offers both knowledge and inspiration. This book will be of use to anyone who is already on this path or who is interested in self-development, health and well-being or the fascinating philosophy and ideas that underpin these traditional Chinese disciplines.

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