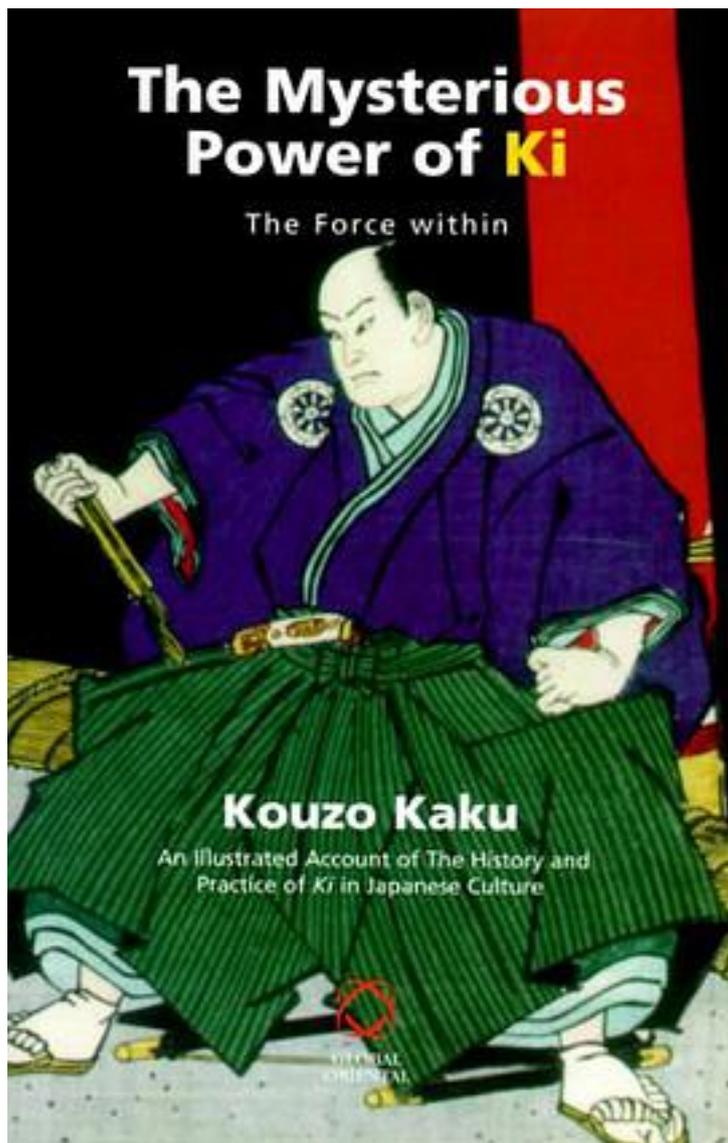


The Mysterious Power of Ki



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Ki is a particular type of inner energy, which the author argues we are all capable of exploiting in order to realize our true potential as human beings and so lead more fulfilled lives. In this highly readable introduction to Ki, we are taken on a tour through the nature and practice of Ki in Japan -- from personal experience, in the world of martial arts, from historical records, Ki in Shinto and Aikido, as well as scientific research.

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