



Qi Gong for Beginners: Eight Easy Movements for Vibrant Health

By Stanley D Wilson Ph.D.

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An exercise program that can actually release blocks to healing and get you centered...in *six minutes a day*? The simple, no impact, but very powerful movements of Qi Gong can do that and more, from increasing longevity to boosting the immune system. And this beautifully illustrated guide, written especially for beginners, introduces this amazing ancient art that balances and strengthens the life force. Those who try it can look forward to extraordinary health benefits!

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Editorial Review

Review

“Qi Gong is one of the most important movement meditation techniques. If all Americans learned just the ‘Eight Silken Movements’ and practiced them daily, we could reduce health costs by 50 percent.” —C. Norman Shealy, M.D., Ph.D., Founder Shealy Institute for Comprehensive Health Care, and Founding President, American Holistic Medical Association

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