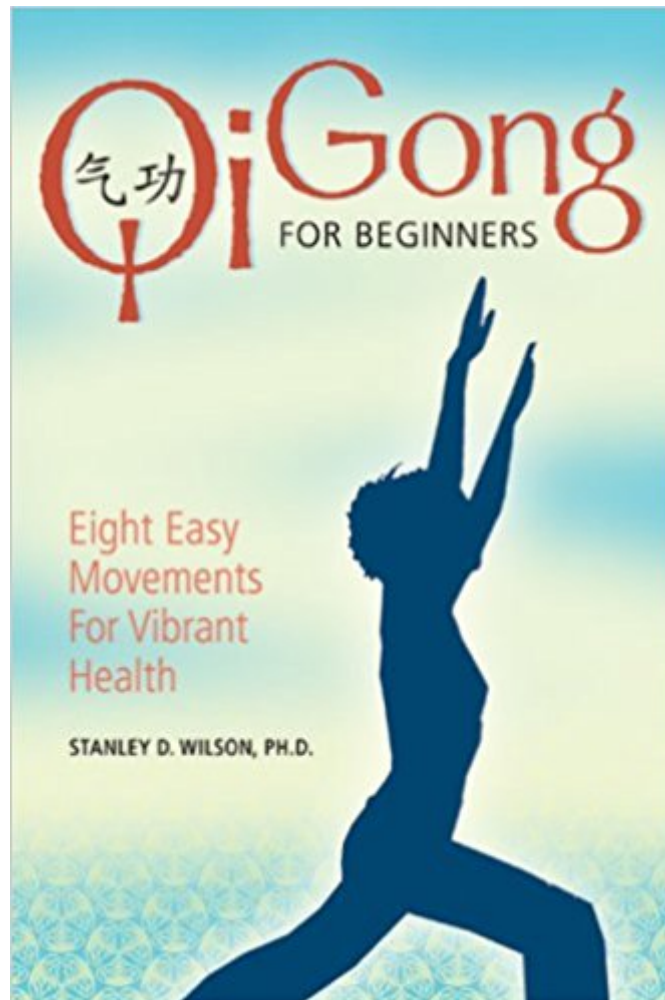




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# Qi Gong For Beginners: Eight Easy Movements For Vibrant Health



## Synopsis

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!

## Book Information

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## Customer Reviews

I highly recommend this book to anyone interested in learning beneficial Qi Gong exercises, particularly without an instructor. Each exercise is clearly described and accompanied by individual photos as well as sequence pictures. I have several book on Qi Gong, but this is the one that I chose for my daily energy exercises because of the clear directions and great photographs. It is a wonderful guide and a valuable resource, especially for beginners.

I had bad stomach ailments (irritable bowel syndrome) that plagued me for a few years. In addition, I was always the first to get sick with a cold, flu, etc. Since I've been practicing the excercises in this book, my stomach problems went away, and now I can't remember the last time I got a cold. Now in flu season, EVERYONE is sick around me but I'm feeling great. I wish everyone would start practicing Qi Gong. I'm not sure why it works -- whether there really is a universal energy field that we draw upon, or whether the deep breathing excercises, slow stretching movements and

meditative state release endorphins and boost the immune system. Maybe it's both. It doesn't really make a difference to me. If you want to improve your health in ANY WAY, buy this book!

This book has really helped me. For the last 20 years, I have had back and neck problems resulting from a car wreck. I also had a constant pain in my shoulder from lifting weights. I started doing the Qi Gong exercises described in this book and within two weeks the pain in my shoulder had decreased and now I don't even remember which shoulder was hurting! My neck problems are less severe, also. I try to do the exercises twice a day, but if I don't get to them during the day, I perform them just before bedtime. I recommend this book highly.

Qi gong can seem overwhelming, which is why this book is a little gem. It gives you the essence of qi gong as well as a valuable start with 8 exercises, all very clearly demonstrated with a series of step-by-step photographs. Whether you just settle for this or decide to take it further, you would not be wasting money on this book.

I had recently begun taking foundation qi gong at a local martial arts studio and became interested in the history of this amazing form of meditation. I found this book and wanted to devour it but instead found myself going back and rereading portions of it to better understand and permanently store everything I could into my brain. Well, physically I feel restored, mentally I am better able to deal with stress, and emotionally I am able to function without having hissy fits about petty things. My once a week half hour sessions are nice because the energy created by multiple people is fantastic, but these simple and effective exercises have become the foundation of my days. I do these 8 movements every morning, and feel like a different person. I was especially moved by the author's personal experiences with the practice of qi gong. I can totally believe this because with the combined qi gong at home and with others, chinese herbs and a qi gong healer, I have overcome arthritis in my hands, shoulders, hips and toes, chest pain, terrible indigestion and intestinal malfunctions. I'm sure it was all caused by stress over time, but if you do nothing it gets worse. I am 51 and feel better than I have for the last 10 years. Is this the fountain of youth? Or does it just slow down the process of aging? I don't know, but on my next checkup with my doctor I will be preaching alternative healing. My next step is to stop supporting pharmaceutical companies, as I am going to attempt to control my high cholesterol without their poison medication. Good luck and good health to all who buy this book! You will not regret it unless you just don't believe in it.

This is a fantastic book! Stanley Wilson put his heart and soul into it, as well as his tremendous knowledge. The instructions are perfectly clear, and his positive attitude is very catching. The qigong routine is great. I've been doing it twice a day! Stanley Wilson is a brilliant and compassionate man. I don't often try to talk people into reading a particular book; but this book is wonderful, and could do a lot of people a lot of good. It's helped me deal with my severe asthma, and I'm learning to stay calm and keep my breathing under gentle control during an attack. There are no mysteries in this book; it's all completely honest and clear. Did I mention that I really love it?

Many of us want very much to do spiritual and physical exercises but never seem to find the time. This practice can be learned quickly from this most excellent book and takes only six minutes. I've been using the book for three months and have felt an increase in energy level, both physical and spiritual, already.

As a Koreanized version of baduanjin (8 brocade exercise), this book is a good buy and has all the elements of being well written, well researched and personal experience of the author, based on the condition that was helped by this method. The author goes into the background of the routine, gives an objective view allowing the reader to be open minded and states his case for it being an instrument for increasing his quality of life. Great buy.

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