



Chinese Healing Exercises: A Personalized Practice for Health and Longevity

By Steven Cardoza

Llewellyn Publications, U.S. Paperback. Book Condition: New. Paperback. 312 pages. Dimensions: 9.0in. x 7.5in. x 0.9in. Reduce Pain and Enhance Your Well-being With Simple Chinese Healing Exercises Improve your health and longevity with 88 easy-to-learn exercises. Gentle enough to be practiced by anyone regardless of age, gender, or state of health these exercises can be done for as little as one or two minutes each day to help you: Increase fitness levels Minimize and even reverse many of the signs of aging Extend the healthy years of your life Work on specific health challenges Improve athletic performance Reduce the likelihood of injury Get through the day with more energy and vitality Based on the principles of acupuncture, taiji, qigong, and Daoist yoga, each exercise includes illustrations, easy-to-follow instructions, and its physical and energetic benefits. This book also includes an index, so you can look up exercises for specific aches and pains, allergies, digestive disorders, insomnia, stress, and other common health concerns. A real find . . . A book to refer to again and again! Angela Hicks, author of The Principles of Chinese Medicine An important book for anyone interested in helping him or herself be and stay well . . . I highly recommend the...



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