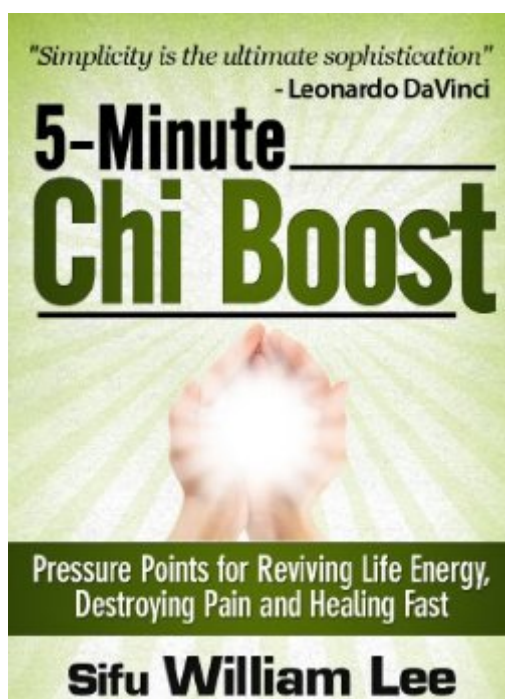


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# 5-Minute Chi Boost - Pressure Points For Reviving Life Energy, Avoiding Pain And Healing Fast (Chi Powers For Modern Age Book 1)



## Synopsis

A SIMPLE YET INCREDIBLY POWERFUL PACKAGE THAT WILL HELP YOU MASTER IMMENSELY EFFECTIVE PRESSURE POINT MANIPULATION METHOD Completely Easy to Learn & Very Effective Method to Fast Recovery and Energy Boost! Who knew that just by applying a bit of pressure to specific energy points of the body can ease your aches and pains? When thinking about acupressure, most of us think about the procedures involved that are somewhat complicated to learn. Therefore the majority people who have heard of it has never tried using it, or if they do, they give up way too easily! Acupressure is an ancient art of natural healing by simple use of hands and fingers and this book has well proven self-healing processes that anyone can learn fast. In this book, the author and Master of traditional Chinese art of Chi Kung, Sifu William Lee reveals simple techniques you can easily apply and enjoy while acquiring that immense energy boost that you need! Now, you can easily relieve yourself from headaches, lack of energy, tiredness, colds and flu, insomnia, lack of focus, chronic pains and many other disorders of health. How convenient is that?! This 5-Minute Chi Boost method is all about providing maximum results to readers in the simplest possible way. Using photos and detailed descriptions, this book explains all person needs in order to apply ancient Chinese Art of Chi Kung, without the need of anything else. This is a really simple yet powerful method that helps people to you to gather more energy, feel great, heal faster and stay healthy!. TRY OUT PROVEN & POWERFUL METHOD THAT WILL HELP YOU MASTER IMMENSELY EFFECTIVE PRESSURE POINT MANIPULATION METHOD BONUS: All the exercises used in 5-Minute Chi Boost Program are prepared on a single page in the form of a Poster which you will find at the end of the book.

## Book Information

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## Customer Reviews

If we choose we all can take 5 minutes a day to improve our health. Opening up our meridians and acupressure points provides an effective way. The author gives the specifics with diagrams for boosting your liver, kidney, and other meridians. I like that he gives a system so you can see how many times a day you need to do the 5 exercises. I have over 35 years experience as an energy healer. I have used most of these methods 1, 2, 4, and 5. They work. Buy this book now and use these simple and effective methods. Develop the discipline. Take the time to improve your health and well-being.

The book is not that long, but there is some really great information in it. I have been doing the qigong exercises in it for about 2 weeks now and have had great results. Yesterday at work I was just about to fall asleep and decided to do the exercise, what an energy boost that was! Anyone wanting to have a simple way to get a lot of energy real fast and a lot of other health benefits should buy this book.

I am myself an experienced MD and have published a guide about acupressure. And, from an expert point of view, I can honestly say this is an awesome book and very much recommended. It is very easy to follow even for the newbie, and it makes this science easily reachable for everybody. The only negative thing I found is that it's kind of short, too much straight to the point. But if you are really short of time, and you are concerned about improving your health, then this book is just what you need.

I really enjoyed this book. Sifu William Lee has put together an easy to implement and understand guide that can give you a huge boost in chi. I am always looking for more ways to naturally increase my energy. This guide has clear directions and easy-to-follow photographs so implementing the

movements needed can be done quickly. Recommended for anyone who wants to give their body an energy boost.

Whoa. How did I not review this before? This book is one that changed my life. At age 69 I was losing energy. Following this easy to learn and easy to do accupressure program, I felt renewed energy in about two weeks. Although imagination is involved, the results are not imaginary. People have commented on how much better I look and how much better I move. Seniors, stay flexible. Rigidity of the body leads to rigidity of the mind. You don't want to end up being the scary old crotchety guy on the block that always is yelling at kids. Get out there and show them how to really yell. Well, maybe you don't need to go quite that far.

If you're new at Qi Gong (like I am) then this little book is a great help to get started. It really doesn't take long to do all the exercises and after I'm done I feel so great and energized. Now I want to take Qi Gong classes. So I guess it's a very good stepping stone to do more.

I have taken Chi Kung classes in the past. The exercises in this book are accurate and vary a little from what I have been taught. I can say that I have felt great when I did them years ago, however the classes I took started with about 20 minutes of Chi Kung and I went to 2 classes a week. I have been doing the 5-minute Chi Boost for about 2 weeks now. I do not feel any noticeable changes at this point. I suspect more time is required to really get any benefit that is measureable for such a small amount of time practiced per day. I would recommend taking an actual class in Chi Kung but if that is not possible I think this book can be a great beginning to experiencing the benefits of Chi Kung.

I understand the movement of energy in the body because I do Reiki and also my own routine of yoga and Tai Chi. I also have William Lees' book "7 Minutes of Magic" that peaked my interest in this book. If you haven't ever worked with the body's energy meridians you have a surprise in store! Enjoy the changes you can make in your life with such an easy solution. This book is an excellent introduction to a wonderful Energy workout.

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Trigger Point Massage) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1)

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