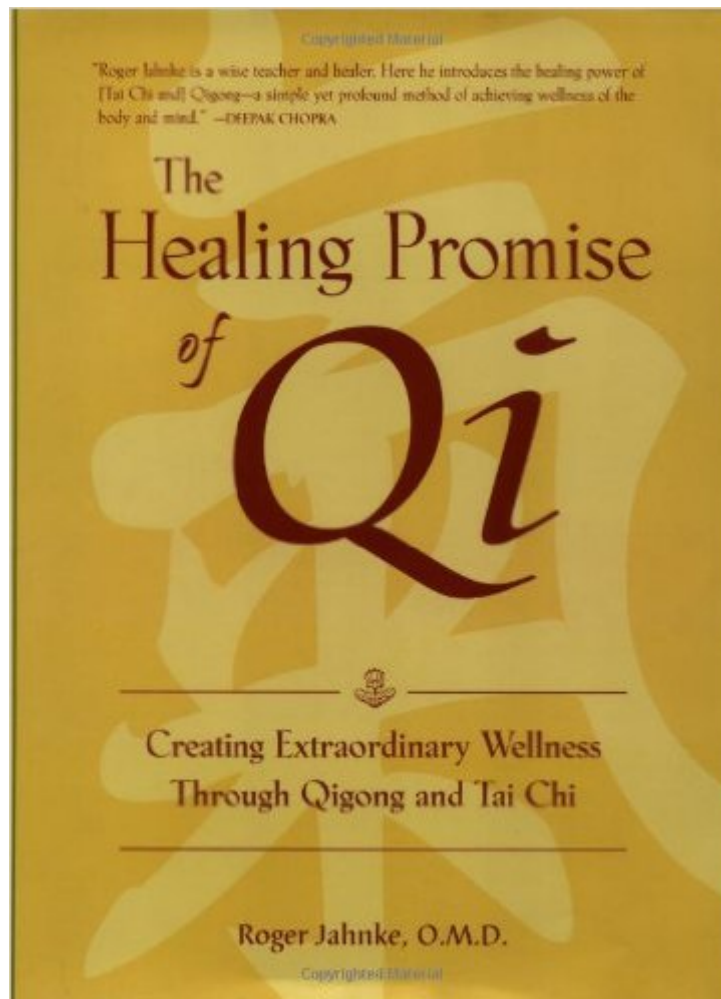


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# The Healing Promise Of Qi: Creating Extraordinary Wellness Through Qigong And Tai Chi



## Synopsis

Unlocks the secrets of one of the most powerful of Chinese healing arts Developed over millennia in China, qigong (literally, life force + mastery, or refinement) is a set of techniques used to increase your vitality, longevity, and sexual potency as well as achieve and maintain optimal health and inner peace. In the groundbreaking *The Healing Promise of Qi*, Dr. Roger Jahnke, internationally respected doctor of Chinese medicine and author of the bestselling *The Healer Within*, clearly and simply explains the concepts of qigong in practical terms. With the help of 125 superbly rendered illustrations, he describes a multitude of simple qigong tools, practices, and techniques for accessing and utilizing the incredible power of qi. Rather than focus on a particular form of qigong, Dr. Jahnke presents concise, easy-to-follow techniques from among the more than 25 traditional and modern forms that he has mastered and taught to thousands of people across the United States and Canada.

## Book Information

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## Customer Reviews

This book dwarfs all the other books on Tai Chi, Taijiquan and Qigong, including *Embrace Tiger Return to Mountain* and *Mastering Yang Style Taijiquan*. If .com would allow 10 stars for best, then I would give this 10, and all others so far, only 5 stars. Why? 1. Every book focuses on the teachings of particular lineage or teacher. The book may be very good, but since no teaching can be called ABSOLUTE it just becomes one among others. This book, instead of teaching a particular style of Tai Chi or Chi Kung, focuses on explaining all the aspects of Chi cultivation. It creates the space in

you for further insights which you can use in whatever style, level or aspect of Qigong you are working with.<sup>2</sup> The author maintains a very fine and enviable balance between theory and practice. There is enough theory to make you an informed practitioner rather than a blind believer in the curative benefits of Qigong and Tai Chi Chuan, but at the same time there are detailed descriptions of practices which you can learn. The illustrations are excellent and very artistic. The theory never gets so informative that it makes the reader confused. This also shows that the author knows what he is speaking about or else one can never maintain this balance.<sup>3</sup> This book's writing style and content clearly makes it evident that the author not only has studied Chi Kung but also lives it as well. This helps in trusting the teacher as you learn from the book.<sup>4</sup> This book is life changing because of the fresh and open perspective it gives and the way it unifies all the concepts of Taoism, Tai Chi and Chi Kung, the way it elaborates on the concepts and the simple yet powerful practices it teaches.<sup>5</sup>

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