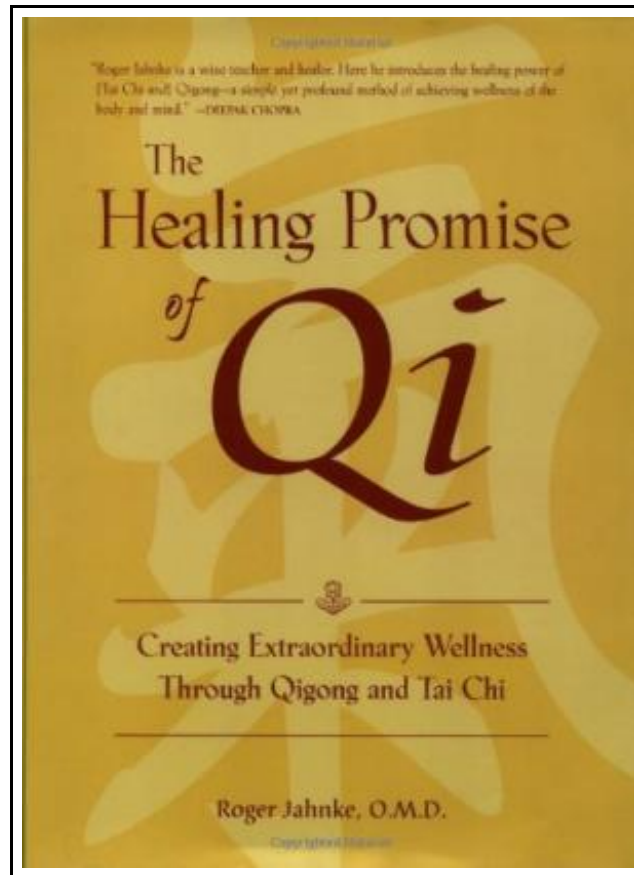


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

THE HEALING PROMISE OF QI: CREATING EXTRAORDINARY WELLNESS THROUGH QIGONG AND TAI CHI

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Contemporary Books Inc. Hardback. Book Condition: new. BRAND NEW, The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi, Roger Jahnke, 'Understand Qi. Access Qi. Cultivate Qi. Master Qi. It is the essential fuel behind all intention and action. It is the awesome power of the Universe within you. Qi is your edge in sports, business, relationships, and personal performance. Tai Chi and Qigong are powerful tools, profound yet simple, that will assist you in fulfilling your intentions, needs, goals - even your dreams!' - Roger Jahnke, O.M.D. Developed over millennia in Chinese monasteries, hospitals, and imperial courts, Tai Chi and Qigong (literally life-force and mastery) are profound yet simple methods for increasing vitality, longevity, and sexual potency; achieving and maintaining optimal health and inner peace; and healing both minor and major illnesses. Long kept a carefully guarded secret from the Chinese public, Tai Chi and Qigong have recently come into widespread use throughout the Far East. They are now a health and human performance enhancement breakthrough in the West as well - ancient power tools for self-improvement and a safe, gentle, and proven alternative approach to treating pain and disease. In "The Healing Promise of Qi", Roger Jahnke, O.M.D., internationally respected doctor of acupuncture and Chinese medicine and best-selling author of "The Healer Within", clearly and simply explains Tai Chi and Qigong principles and practices. Rather than focus on one particular method or form, Dr. Jahnke distills the best and most important lessons, learned from Chinese teachers with whom he has studied. With the help of more than one hundred superbly rendered illustrations, Dr. Jahnke teaches you easy-to-learn techniques drawn from among twenty-five traditional and modern forms of Tai Chi and Qigong that he has mastered and taught to thousands of people in workshops, retreats, and health-care institutions...

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