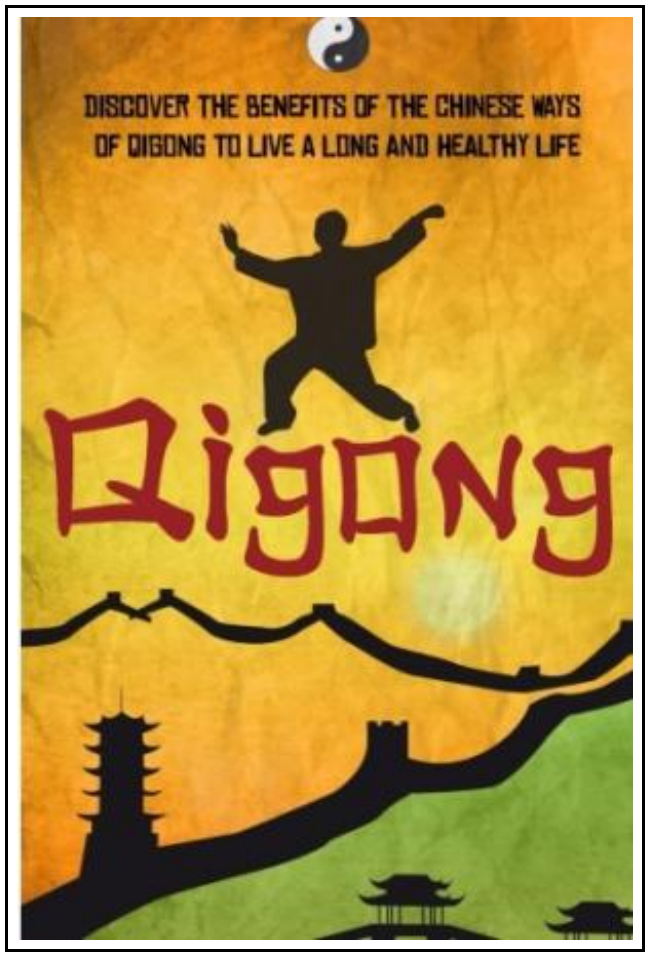
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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Chinese Ways Of Qigong For A Healthy And Productive Life Qigong Benefits To Live A Long And Healthy Life *** BONUS!: FREE Natural Remedies Report Included !! *** * * * LIMITED TIME OFFER! * * * This eBook contains an overview of Qigong, its brief history, importance, and some applications, rituals, and techniques. Most of the book will talk about its health benefits and what a repeated observance of this art form can do to your holistic well being. Qigong enhances the body, the mind, and the spirit which are the three core parts of a human being. It integrates these three, making them work together in perfect harmony. This harmony promotes balance of qi (life energy), which has been believed to cure different kinds of diseases such as hypertension, inflammation, and cancer, although no conclusive scientific evidence is still reached. There are many benefits to Qigong, and nine of them are going to be discussed in the next chapters. What is great about all these benefits is that they can be enjoyed by anyone. Male and female, young and old, athletic or sedentary, no regardless of your age, faith, or ideologies, this art form will take your attention and interest and, most important of all, will lead you to a healthier, more productive life. 7 Reasons To Buy This Book = > 1. Its Short And Informative No Fluff!! = > 2. This Book Is Straight Forward And Gets To The Point = > 3. It Has A Great Concept = > 4. Learn What You Need To Know FAST! = > 5. Don t Waste Hours Reading Something That Won t Benefit You = >...

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