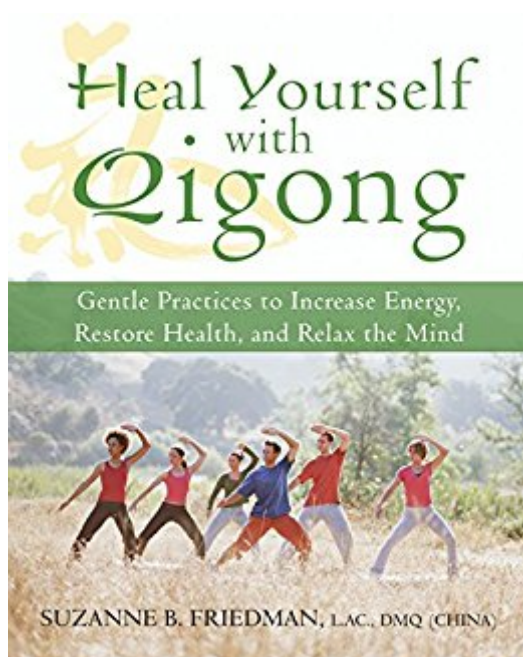


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# Heal Yourself With Qigong: Gentle Practices To Increase Energy, Restore Health, And Relax The Mind



## Synopsis

Qigong (pronounced chee-gung) is an ancient Chinese practice consisting of physical movements, meditation, creative visualization, and breathing exercises to help revitalize the body and heal the spirit. Similar to tai chi, qigong cultivates vital life-force energy in the body for better health, heightened energy, and longevity. Its powerful benefits have been known in China for thousands of years. This unique book presents over 100 easy, five-minute qigong exercises designed to target specific health issues, from strengthening an aching back and reducing stress to improving sexual function and boosting energy. You can use this book to quickly find the best qigong exercises to target your particular physical and mental health needs. Heal Yourself with Qigong allows you to customize routines, making it ideal for both experienced practitioners and those new to qigong. Choose and combine from these four sections:

- Instant energy boosters
- Exercises for restoring physical vitality
- Emotion-balancing techniques
- Practices for calming the spirit

## Book Information

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## Customer Reviews

I am a certified Qigong teacher and Chinese medicine practitioner and have found this book to be invaluable for myself, students and patients. I have used contents from this book nearly everyday since its release and recommend it highly to other professionals, students, teachers, family and friends worldwide. Heal Yourself with Qigong is accessible and generously filled with qigong tools, theory and tips to help a variety of people. The qigong prescriptions are authentic and time-proven to bring greater health, vitality and well-being. I have witnessed time and time again these exercises having profound and lasting effects. Dr. Friedman is a highly acclaimed teacher in the Bay Area and around the world. Her writing is clear, thoughtful and easy to follow. She has a tone that motivates the reader to want to practice the exercises and to engage in self-healing. I couldn't recommend this book highly enough. Read it, use it and share it with everyone you know!

Just came today. Have only perused it. Oh my gosh.. This is laid out perfectly. Groupings of simple qi gong exercises by Diff movements and issues within Chp for 'energy boosters', a chp for 'restoring physical vitality', a chp for 'balancing your emotions', a chap for 'calming your spirit', 3 beg chp on the basics. Within these chp there is many many exercises for every ailment you can think of--basic and organs and even the 'healing sound' ones. I'm so thrilled I got this book..

amazing how we get so caught up in western medicine we forgot the powers of our won bodies and mind to help heal us. great book and well written lays the groundwork to get statrted to a better life rest is up to the reader to follow the easy yet powerful excersises

Wonderful guide. The information is clearly organized and presented. It covers the different elements of qigong is a understandable, supportive way, with clear examples, affirmations, and pictures and includes some very powerful "exercises."

A great book with a very practical approach to Qigong. I was sorry to hear about the author's passing. She made a wonderful contribution to the world of Qigong with this work. I even bought one for a friend. Thank you.

I know that Qigong is an effective therapy as I witnessed a close friend under treatment provided by a therapist in Sterling Heights, Mich. When the treatment began, my friend, Chuck had been told by his physician that he only had a few months to live because of Leukemia. This occurred almost

9-years ago. There has been NO CURRANCE. I know several people who have learned how to administer Qigong in classes with CHUCK 's therapist. I am learning Qigong by studying Suzanne Friedman's book. I am very pleased with my progress.

I've read a handful of books about qigong, including the other books by the same author. This book is simply the best introduction to qigong I've found. Simple, accessible, beautifully designed, it includes clear instructions to more than 100 qigong exercises you can do in five minutes. And the exercises really work; I've used them to rid myself of headaches, sleep better, and ease my back pain, all in just a few minutes. If you want a more thorough explanation of qigong, I'd recommend *The Way of Qigong: The Art and Science of Chinese Energy Healing* as a companion to *Heal Yourself With Qigong*. But if you just want to see results fast, devour this book and practice the exercises.

There is something for everyone in this book, whether you're a complete beginner in Qigong, or have experience. Author Suzanne Freidman has given deceptively simple exercises and movements which create impressive results. All the exercises are gentle, easy to follow, illustrated with drawings, and take five minutes or less. They cover everything from stress reduction/relaxation to weight loss, blood pressure reduction, and headache relief. Meditations and acupoint stimulations are also included. My personal favorites include an energizing exercise called Wash Your Face (amazing, instant results), the Waterfall Visualization to purge stress (really soothing), Gathering Earth Energy (very grounding), and Liver Qi Massage (mood stabilizer). Anyone can do these exercises, regardless of physical condition (all exercises can be done standing or sitting) or time constraints. Pick and choose depending on your need of the moment. I highly recommend this book.

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