



The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun (Paperback)

By Stuart Alve Olson

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In 1927, General Yang Sen invited Li Qingyun to Wanxian, China, to teach about health and longevity. Li Qingyun was reported to be 250 years old at the time, and his visit to Wanxian was big news. In 1970, Yang Sen compiled a book of his and others accounts of Li Qingyun, titled An Authentic and True Record of a 250-Year-Old Man, which Stuart Alve Olson started translating into English in 1982. Besides the notion of someone living to 250 years of age, this book goes well beyond the biography of Li Qingyun s life. It has great historical value, especially for Westerners who are unfamiliar with much of Chinese history towards the end of the Qing dynasty. It also explains incredible health therapies and provides information on what is now called Medical Qigong. Much is explained about Daoism on meditation, breathing, qigong exercise, food, sex, and philosophy for Daoist living. Another true gem of this book is the philosophical teachings, as much of this material has never been presented in English. The depth of information provided in this book surpasses any...



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This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**

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