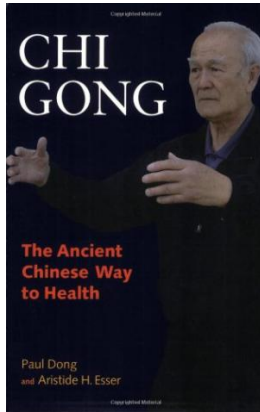


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## CHI GONG (PAPERBACK)



North Atlantic Books,U.S., United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. Chi Gong: The Ancient Chinese Way to Health bridges the divide between Chinese and Western science, systems of health care, and spiritual practice. With proven, step-by-step exercises, chi gong instructor Paul Dong and psychiatrist Aristide Esser show how to perform basic and advanced chi gong exercises; increase vitality by maintaining the balance of bodily energies; prevent and cure ulcers, hypertension, heart disease, and other ailments;...

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- Authored by Paul Dong, Aristide H. Esser
- Released at 2008



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