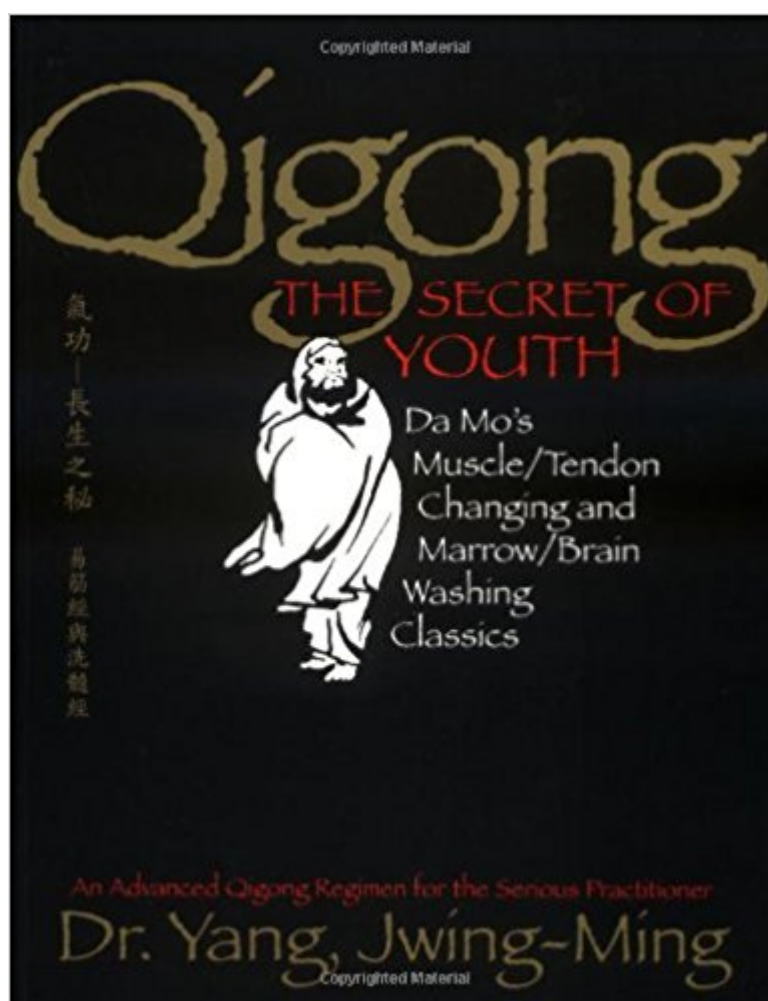


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Qigong, The Secret Of Youth: Da Mo's Muscle/Tendon Changing And Marrow/Brain Washing Classics



Synopsis

For over one thousand years, Bodhidharma's (Da Mo) timeless classics have been considered the key to enlightenment and long-lasting youth. Now, Dr. Yang, Jwing-Ming, one of the world's leading authorities on Qigong, has translated and written commentaries to make these ancient and profound teachings accessible to everyone. Using ancient Buddhist and Taoist documents as its foundation, this book analyzes and discusses theory and training methods in a modern, scientific manner, and presents safe ways for you to begin your own practice. Improve your health and strength through the Yi Jin Jing (Muscle/Tendon Changing Classic). Work towards longevity & enlightenment with the Xi Sui Jing (Marrow/Brain Washing Classic). Qigong, the Secret of Youth is an invaluable guide for Qigong practitioners and Martial Artists who want to explore deeper levels of internal energy training. Learn the keys to rejuvenating & reconditioning your body. Discover methods for nourishing the brain and bone marrow. Includes Qigong exercises & massage techniques.

Book Information

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Customer Reviews

"Dr. Yang, Jwing-Ming has given us a very lucid presentation of the ancient practices of Chinese Medicine. It is a most worthwhile contribution to the bridging of Eastern and Western medical traditions." (Herbert Benson, M.D. Harvard Medical School, author of *The Relaxation Response* and *Your Maximum Mind*) "This profound book is definitely recommended reading for a multitude of reasons, including it's great contribution to the understanding and cultivation of Qi utilizing obscure and elusive techniques developed in antiquity through enlightenment." (Bill Clement, Feng Shui

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Text: English, Chinese --This text refers to an out of print or unavailable edition of this title.

Excellent, wish I had bought it sooner. I will update review after I have read more

Very detailed and complex information, but excellent for the serious Qi Gong student!

Very thorough, a great resource of knowledge. A masterpiece on the subject!

Excellent

Very helpful.

I wish they had a brandnew hardcover copy for a decent price.

Love Dr Yang and his entire library he has published

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