



Qigong for Healing and Relaxation: Simple Techniques for Feeling Stronger, Healthier, and More Relaxed

Michael Tse

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Qigong (pronounced "chee-gong") is a popular form of traditional Chinese exercise that uses the body's vital energy to make you stronger and healthier and live longer.

In *Qigong for Healing and Relaxation*, world-renowned Qigong Master Michael Tse introduces a new series of easy Qigong movements. These movements, because of their simplified form, enables you to focus energy on a particular part of the body for healing and relaxation. This fully illustrated guide to better health is suitable for people new to Qigong as well as more experienced students.

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