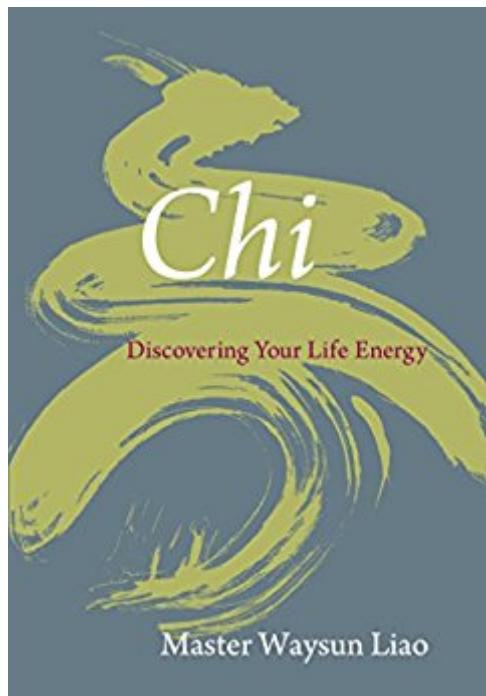


The book was found

Chi: Discovering Your Life Energy



Synopsis

Chi is the invisible energy of life that flows in and around us throughout the universe. Used skillfully, it can have a remarkable effect on health and vitality. To the degree that you'd be tempted to call it magical, if it weren't so completely natural. Here is a perfect introduction to chi that explains in a direct and simple way what it is and why it is essential to a healthy and vital life. It provides an easy-to-understand explanation of chi, and then helps readers recognize, develop, and strengthen their own chi through specific breathing techniques and basic exercises, all demonstrated by the author. There are many books on chi development through tai chi and qigong practice, but this one goes deeper to enable you to understand the fundamental principles as you cultivate it. This book is a reference for alternative health professionals such as acupuncturists and shiatsu therapists and their patients, as well as for anyone who practices tai chi, qigong, aikido, and other chi-based martial arts.

Book Information

File Size: 1586 KB

Print Length: 144 pages

Publisher: Shambhala; Original edition (July 14, 2009)

Publication Date: July 14, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B006L8SC7S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #222,419 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #143

in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #163

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Energy

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Philosophy > Eastern

Customer Reviews

This book is incredibly appealing in terms of aesthetics! It is small, compact, and written in a way that lets you understand its concepts without overwhelming you with bulky, futile information. I would consider it a very strong component in the core curriculum for anyone who is interested in learning about life energy.

Amazing, it is as described!

Thoughtful, well written, informative. One of the best books of its kind. Highly recommended.

Excellent read. Explains Chi in a clear and understandable manner. The exercises will enable you to embark on the journey of Chi discovery. Master Waylon is indeed knowledgeable and highly skilled in the Art of Chi

Great beginners guide on understanding Chi energy and how to develop and strengthen one's chi. Great Tai Chi exercises at the end. It is one of my favorite books.

This is one of those books that you will want to read again, or just open up and start reading from any point. It is a very relaxing book to read and teaches you how to understand your life energy and how day to day life can drain it into non-existence. Then Waysun Liao teaches ways to feel and preserve your chi in a very simplistic way. It is a great book for setting the basics. It made me want to search out other books to further explore life energy.

So far, so good!

This book is a gem. A must read to put some things into perspective at a minimum - change your life if you embrace it! ☺

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