



# The Essence of Chi-Gung: A Handbook of Basic Forms for Daily Practice

*Daniel P. Reid*

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## **The Essence of Chi-Gung: A Handbook of Basic Forms for Daily Practice** Daniel P. Reid

The view in Chinese medicine is that good health is maintained by circulating and increasing "chi," the vital life energy that we are all born with. In chi-gung practice, slow, rhythmic breathing is synchronized with body movements, which is beneficial to both the nervous and immune systems, and to overall health.

This straightforward, easy-to-use book lays out a simple, basic chi-gung regimen for daily practice. Written by Daniel Reid, a well-known authority on the Chinese health arts of chi-gung, tai chi, acupuncture, and Chinese herbal medicine, this handbook includes warm-up exercises, movement forms, and meditations to be done daily to promote overall health and increase vitality.

This manual includes over fifty step-by-step illustrations with detailed descriptions.

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