



The Root of Chinese Qigong: Secrets of Health, Longevity, & Enlightenment

By Yang Jwing-Ming

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Editorial Review

Review

"For those who are interested in learning the basic concepts and practical applications of Qigong as a means of cultivating health and longevity, The Root of Chinese Qigong provides an excellent and comprehensive overview ." (Daniel Reid, author of The Complete Guide to Chinese Health and Healing from his forward)

"...we are in Dr. Yang's debt for this definitive guide to better health and well-being." (Irwing W Rosenberg, M.D., Professor of Medicine and Nutrition, Director of The Human Nutrition Research Center on Aging)

Language Notes

Text: English (translation)

Original Language: Chinese

About the Author

Dr. Yang, Jwing-Ming is a renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong and Chinese martial arts for over forty-five years. He is the author of over thirty books, and was elected by Inside Kung Fu magazine as one of the 10 people who has "made the greatest impact on martial arts in the past 100 years." Dr. Yang lives in Northern California.

Users Review

From reader reviews:

Bobby Griffin:

Now a day people that Living in the era wherever everything reachable by talk with the internet and the resources in it can be true or not involve people to be aware of each details they get. How people have to be smart in getting any information nowadays? Of course the correct answer is reading a book. Reading a book can help people out of this uncertainty Information particularly this The Root of Chinese Qigong: Secrets of Health, Longevity, & Enlightenment book as this book offers you rich info and knowledge. Of course the details in this book hundred pct guarantees there is no doubt in it everbody knows.

Joseph Ortiz:

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