



# 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

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##### **Joseph Ortiz:**

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