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## A Woman's Qigong Guide: Empowerment Through Movement, Diet and Herbs

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By Yanling Lee Johnson

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, A Woman's Qigong Guide: Empowerment Through Movement, Diet and Herbs, Yanling Lee Johnson, Bring balance to your life with Qigong! Stop.Breathe deeply.When was the last time you gave yourself permission to relax, to focus only on yourself, to truly enjoy your body? Although there are so many demands on your time and energy, you cannot forget to take care of yourself: physically, spiritually, and emotionally. Qigong is the simple and natural way to ensure that these needs are met. Combining gentle movements with centuries-old meditation techniques, Qigong is the perfect holistic fitness practice for the busy woman who has only a few minutes to herself in the car, at lunch, or just before falling asleep at night. Yanling Lee Johnson, a survivor of China's Cultural Revolution and a longtime Qigong healer and practitioner, addresses the stresses that women of all stages of life face as they negotiate modern living. Let her teach you simple techniques for maintaining balanced health. This title offers: Practical Instruction for Specific Exercises; Herbal Remedies & Diet; Heal Injuries and Illnesses Within Yourself; Special Instructions for Mothers and their Babies; and, Tips for Weight Loss, Depression &...



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