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Qigong Meridian Self Massage - Complete Program For Improved Health, Pain Annihilation, And Swift Healing (Chi Powers For Modern Age Book 5)



Synopsis

Easy to Learn, Complete Meridian Self-Massage Program (Detailed Guide, Images & Video) for Improving Health, Pain Annihilation and Faster Healing Improves Health and Life Energy, Accelerates Healing Processes, Generates High Level of Energy, Stamina and so much more...For those interested in Traditional Chinese Medicine, relaxation techniques, and Chi (Qi) healing methods - don't pass up the chance to get the chi flowing and enjoying in long list of health benefits. Through 99 photos, easy to follow guidelines and a 30 min long video, Sifu William Lee and Sasha James explain how very simple self-massage methods can maximize your energy and reduce symptoms of ill health - from arthritis to allergies, back pain to weight loss. These methods are practical and effective, not theoretical - work through them at your own pace, depending on the level of effect that you need. From your eyelids to the bottom of your feet, self-massaging those important meridian points can release your stress and allow you to live fully and drink deeply of life and its natural healing power. THIS IS PROBABLY MOST COMPLETE AND FASTEST TO LEARN QIGONG MERIDIAN SELF MASSAGE GUIDE â “ CHECK YOURSELF WHY

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Customer Reviews

To be fair, one year ago I found this book to be very helpful. I used the techniques described and I thought maybe they were helpful. What more could I want? However, I find it a bit of a let down that the very special knowledge of Qi Gong is presented in, frankly a poorly edited manner. There is contradictory info on the positions of the points at times. I realize the location of the points are not exact, that everyone's body is different, but including pressure point charts that contradict what is shown in the video or photo illustrations seems to be done in line with what the author's views on student mastery or proper learning and confidence, "It is better that students are completely confused than to have a bunch of fake experts." So, we should pay for a book so that we can be confused? May be its better to leave us in peace. I don't think it is nit picking to have an issue with numerous and spelling and grammatical errors throughout the book. At times, though rare, the errors are such that proper understanding is obscured. However, the video is quite helpful at dispelling most confusions raised by the poor editing of the book. At the end of the day, I have picked up valuable and very enriching knowledge here. But it is disrespectful to the tradition and the students not to edit the book to near perfection or even an acceptable level where every paragraph does not present a typo, misspelling, or grammar error.

I first came across this series of books when I picked up the "Five-Minute Chi Boost" as a freebie on Kindle. I tried it right away (rare for me, I often get free books and then let them sit in my TBR file) because I'm now in my fifties, and wanted to feel less draggy all the time. The moves were simple and could, in fact, be accomplished in the time frame, and I started experiencing benefits right away. I've since picked up the other books in the series, and have found them clear, concise, reasonably well-edited, and very well-supported with video links, etc. They've also contributed to a raised level of well-being for me. I was very happy to find this latest addition to the collection, and bought it the day it came out. That means I haven't had as much time implementing the techniques here as I've had with techniques from the works published earlier, but so far these are my favorite in terms of experiencing relaxation and a feeling of sitting well inside my own skin. As for the book itself - like the earlier books, it's clearly-explained, brief yet filled with practical information from start to finish, and edited better than most Kindle material in this price range. Absolutely one of the best investments I've made in terms of my time, and very little money, as it's providing me with a big payoff in terms of personal results.

So simple and so powerful! Learn all about the meridians that drive the energy inside your body and get a vibrant health. in this book you will be taught the massages techniques necessary to activate all this chanel.

good

I have been practicing the massage from this book for a few weeks now and I really feel like it has improved my health and vitality. At first I wasn't sure that I would even have the time to do this massage on a regular basis, but after the second or third time I went through the whole thing I felt fantastic! I used to have some minor back and hip pain - but that is gone now. I used to feel tired by the afternoon, but now I feel like I have plenty of energy throughout the day. I also have always wanted to have better posture, and I've noticed since I started doing this massage that my posture has improved quite a bit without 'trying' to have better posture. I have recommended this book to several people and I wish more people knew about it. I think Sifu Lee does a good job of keeping it as simple and easy to follow as possible. Thank you Sifu Lee for sharing your knowledge in this book. :)

I always tend to have bad headaches when I'm stressed out at work, this helps me feel better. Soothing and very relaxing.. it's a your own or self massage so I can have this one anywhere I am. Thanks for the share.

Some of the techniques are hard to understand without the video and when you try to get the video all that you get is subscribed and the website just downloads cookies. The website just tries to sell you more of his books. Misleading...

Loved that the book included photos. Very easy read and informative. Thanks!

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