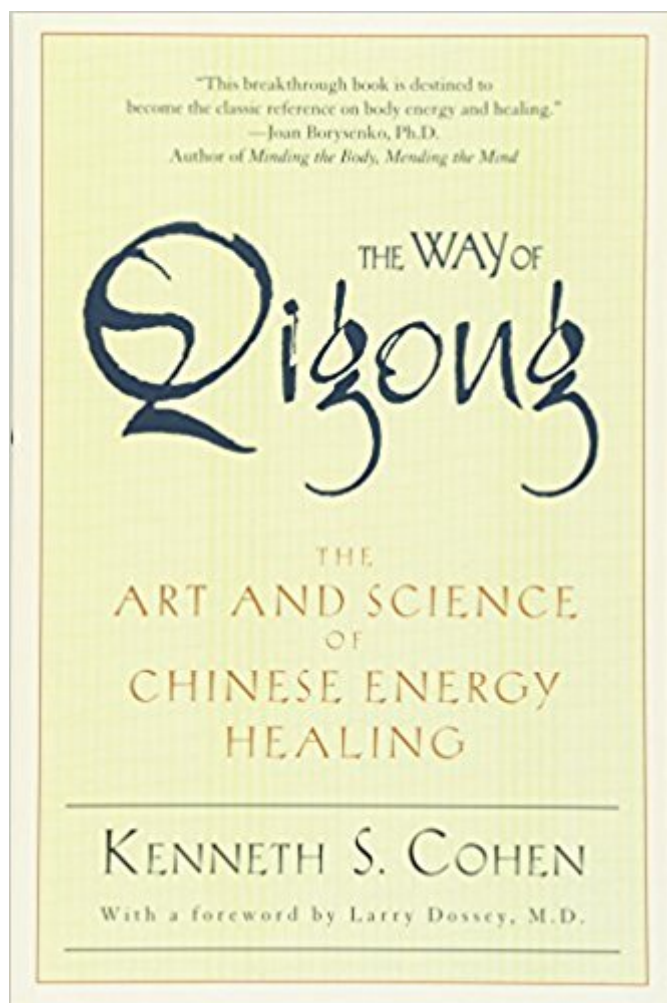


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The Way Of Qigong: The Art And Science Of Chinese Energy Healing



Synopsis

Qigong is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system disorders, and other life-threatening conditions. Now in this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help your mind and body achieve the harmony of true health.

Book Information

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Customer Reviews

Qigong (ch'i kung) is the modern incarnation of a Chinese energy art that goes back over 2,000 years. With superior scholarship and scientific acumen, *The Way of Qigong* covers the entire range of theory and practice, including relaxation, meditation, massage, therapeutic touch, and postures. Qi (ch'i) means "life energy," and the goal of qigong, master and Chinese scholar Ken Cohen tells us, is "to train the mind to send qi where it is needed." In this encyclopedic work, Cohen teaches us not only how to do qigong, but what it means and how it benefits us, from what kind of tea is best in the summer to how to have better sex. Cohen is at his best when reducing arcane Chinese theories to plain English, and as a result, *The Way of Qigong* is as interesting as it is useful. --Brian Bruya

--This text refers to an out of print or unavailable edition of this title.

As much a "why-to" as a how-to, this is the most comprehensive recently issued book on the Chinese healing art, qigong. Related to t'ai chi, qigong is a series of movements designed to bring qi, or life-force, into the body and encourage it to flow without blockage. Cohen meticulously defines the philosophy that inspired this ancient practice, but his engaged and engaging tone keeps the mass of material he presents from becoming ponderous. He well covers the experimental scientific evidence of qigong's beneficial effect, and the lengthy, illustrated section of exercises he includes shows how qigong can be used for emotional and spiritual as well as physical healing. However many other qigong books are in your library, add this definitive volume. Patricia Monaghan --This text refers to an out of print or unavailable edition of this title.

This book is comprehensive and well-researched. It's great background for a beginner and a guide for further study. Definitely the best choice for anyone who wants to learn. There is no substitute for a teacher but this is the next best thing.

This is an excellent book that I have referred back to often in my progression from qigong learner to qigong teacher. I recommend it to all my students.

If you are interested in the benefits of qigong, this is a must read. Ken describes the many meditations and movements in great and good detail. This book has been around for a while, but its content is still excellent. Really enjoyed it and will use it for reference for as long as I practice qigong, which I hope is for life.

Great book

Can't say enough about this book and how it maintained my interest. I appreciated how the author took his time to research and deliver a clear, well thought out interpretation of Qigong and the many, many benefits. More than loved it! Thank you Ken

When traditional Western medicine has little to offer for curing our many ills, I personally turned to Chinese healing methods. But, instead of passively undergoing acupuncture or any of the myriad other Oriental methods I was motivated to participate myself. After all, I am responsible for my condition. Why shouldn't I take charge of my own healing. Enter Master Ken Cohen's book, The Way of Qi Gong. It gives a wonderful history of Qi Gong, with it's many styles. Also his very clear

instructions are easy to follow. I am determined to heal from my condition and this book will lead the way. Many thanks to Master Ken Cohen.

One of my favorite books about qigong. Well written.

I had a hard time picking out a book about Qigong, but after reading some reviews about this one, I decided to try it. I was looking for a book that explained how to do simple qigong exercises as well as explain the medical science behind it. This book does just that without getting too deep into it. I was impressed with the author in that he cited many references to medical studies that were done to prove the effectiveness of qigong. I think that this book is great for someone who is just beginning to learn about these types of exercises.

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