



## The Root of Chinese Qigong: Secrets for Health, Longevity and Enlightenment (2nd Revised edition)

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By Jwing-Ming Yang, Thomas G. Gutheil

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, The Root of Chinese Qigong: Secrets for Health, Longevity and Enlightenment (2nd Revised edition), Jwing-Ming Yang, Thomas G. Gutheil, A complete reference for all levels of Qigong practice. Qigong, the study and use of Qi, promotes longevity, health, and spiritual development.

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