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Das Buch "Qi Gong Empowerment" stellt eine Vielzahl Qi Gong Übungen aus den verschiedenen Feldern dar. Es ist wirklich gut gebildet und beschrieben, und eignet sich sehr gut, um danach zu üben. Wenn ich nur ein Buch über Qi Gong besitzen dürfte, würde ich dieses wählen. Besonders hervorzuheben - von meiner Seite aus - sind die Übungen zum Heilen mit Qi und die verschiedensten ...

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An dieser Stelle gilt mein ganz persönlicher Dank an Frau Wang Li und ihren GuoLin - Qi Gong - Kursen, ohne die ich das, was dieses Buch vermitteln will, überhaupt nicht verstanden hätte. Später kann das vorliegende Buch ein gutes Nachschlagewerk für Übende sein, denn dann kennt man die Übungen schon durch Unterricht und weiß, welche für die persönliche Situation am besten sind.

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During this time he focused his study of Qigong on the medical applications for preventive health and treatment of chronic illness. Through this experience, Jeff was inspired to shift his own approach to health care. Jeff uses Traditional Chinese medicine, acupuncture, modern integrative medicine, and Qigong to find a blend of healthcare and healing that are two things – effective, and ...

**About Jeffrey Chand — Qi Gong for Vitality**  
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