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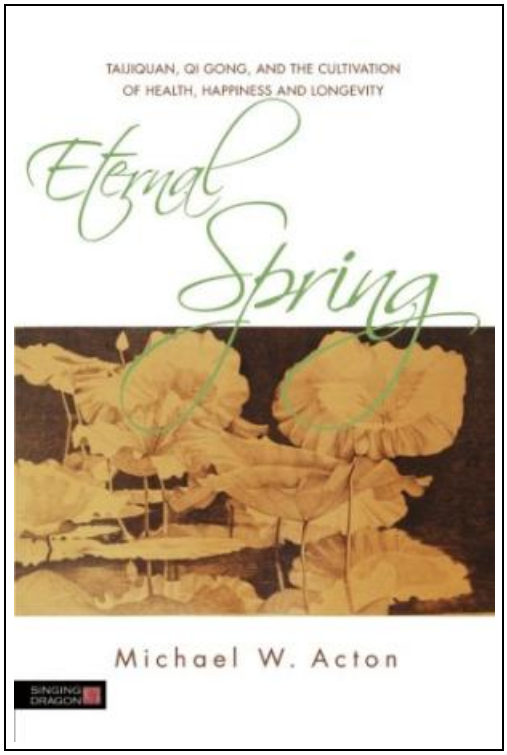

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JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2009. Paperback. Book Condition: New. New.. 228 x 154 mm. Language: English . Brand New Book. The traditional arts of Taijiquan and Qi Gong are sophisticated expressions of Chinese martial. health and spiritual culture. Rooted in China s ancient past they are still practised by many people in China today to achieve good health, mental well-being and a long and active life; commonly called Eternal Spring . This book, written for a Western audience, explains the essential theories and strategies of Taijiquan and Qi Gong in an insightful and accessible way. It expounds their value in our daily lives as a most effective means of combating the stresses, strains and illnesses that are now so much a part of our modern lifestyle and positions these two disciplines as the most comprehensive strategies for health, happiness and rejuvenation currently available. Michael W. Acton guides the reader through core concepts with an insight and wisdom borne out of many years of practice, study and teaching. This book will be of use to anyone who is already on this path or who is interested in self-development, health and well-being or the fascinating philosophy and ideas that underpin these traditional Chinese disciplines.

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