



Qigong for Health & Vitality

Michael Tse

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In Qigong for Health and Vitality, Michael Tse, a Qigong (pronounced chee-gong) master trained by some of China's finest Qigong practitioners, explains the philosophy and practice of Qigong, a form of Traditional Chinese Medicine that combines breathing, posture, and movement to generate internal energy, restore health, and promote a sense of well-being. *Qigong for Health and Vitality* is the first truly accessible, introductory guide to this three-thousand-year-old for Chinese healing.

Michael Tse now teaches in London, and is adept at presenting Qigong's "secrets" to a Western audience. In this book, he presents the background and philosophy of Qigong, detailing its amazing benefits for stress reduction and in the treatment of such chronic conditions as backache, hypertension, insomnia, asthma, arthritis, and headache. In clear text, and with the help of more than one hundred photographs, he provides step-by-step instructions for two types of Qigong exercises: those that improve balance, flexibility, strength, and circulation (especially good for anyone who sits all day in an office or car); and those that derive from tai chi chaun and are learned as a short "moving program" that increases internal energy (chi) and can be used to treat specific health problems. In addition, Michael Tse explains how to use special Qigong meditation exercises to relax and recharge the body's energy and to enhance its natural ability to heal itself.

Qigong, as taught by Master Tse, is easy and fun to learn and will lead to immediate and long-lasting health benefits.

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