



# Qi Gong for Beginners: Eight Easy Movements for Vibrant Health

*Stanley D Wilson Ph.D.*

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An exercise program that can actually release blocks to healing and get you centered...in *six minutes a day*? The simple, no impact, but very powerful movements of Qi Gong can do that and more, from increasing longevity to boosting the immune system. And this beautifully illustrated guide, written especially for beginners, introduces this amazing ancient art that balances and strengthens the life force. Those who try it can look forward to extraordinary health benefits!

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