



Managing Stress with Qigong

Gordon Faulkner

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The ancient Chinese practice of Qigong combines physical movement with gentle breathing techniques to promote harmony between body and mind, and is quickly gaining popularity in the West.

This step-by-step guide to managing stress through Qigong begins by looking at stress and our response to it from both an Eastern and a Western perspective. The core of the book provides a program with first a series of carefully-designed stress relief exercises, followed by a series of gentler stress prevention exercises, all of which are clearly explained with easy-to-follow instructions for each of the steps, and fully illustrated. The author explains the theory underpinning the Qigong exercises in terms of the principles of Chinese Medicine, including Yin and Yang, The Five Elements and the circulation of energy (Qi) through the meridians. Extensively trialled with Maggie's Cancer Care Centres, and designed specifically to fit around a busy lifestyle, the Qigong program set out in this book will help to reduce stress, decrease anxiety and restore energy.

This practical book will help anyone who is prone to stress, regardless of their level of ability or experience of Qigong. It will also be a useful resource for Taijiquan and Qigong instructors, alternative therapists, and other professionals working with clients who are affected by stress.

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