



Chi Gong: The Ancient Chinese Way to Health

By Paul Dong, Aristide H. Esser

Download now

Read Online 

Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser

Chi Gong: The Ancient Chinese Way to Health bridges the divide between Chinese and Western science, systems of health care, and spiritual practice. With proven, step-by-step exercises, chi gong instructor Paul Dong and psychiatrist Aristide Esser show how to perform basic and advanced chi gong exercises; increase vitality by maintaining the balance of bodily energies; prevent and cure ulcers, hypertension, heart disease, and other ailments; and achieve a relaxed and therapeutic meditative state, promoting health and longevity. The authors encourage practitioners to augment and strengthen their martial and spiritual disciplines, but also to develop external energy for the benefit of others.

More than an instruction manual, *Chi Gong* functions as a complete survey of this healing art. Dong and Esser discuss chi gong's history, famous practitioners, applications for health and the martial arts, and the role of chi in exceptional human functioning and mind-body interactions. Combining information from Western scientific investigations as well as personal insights from Paul Dong's practice, the authors provide a thorough explanation of the concept of chi and its role in traditional Chinese medicine, discuss the groundbreaking use of chi gong in cancer treatments, and take the reader on a visit to one of China's many chi gong clinics.

 [Download Chi Gong: The Ancient Chinese Way to Health ...pdf](#)

 [Read Online Chi Gong: The Ancient Chinese Way to Health ...pdf](#)

Chi Gong: The Ancient Chinese Way to Health

By Paul Dong, Aristide H. Esser

Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser

Chi Gong: The Ancient Chinese Way to Health bridges the divide between Chinese and Western science, systems of health care, and spiritual practice. With proven, step-by-step exercises, chi gong instructor Paul Dong and psychiatrist Aristide Esser show how to perform basic and advanced chi gong exercises; increase vitality by maintaining the balance of bodily energies; prevent and cure ulcers, hypertension, heart disease, and other ailments; and achieve a relaxed and therapeutic meditative state, promoting health and longevity. The authors encourage practitioners to augment and strengthen their martial and spiritual disciplines, but also to develop external energy for the benefit of others.

More than an instruction manual, *Chi Gong* functions as a complete survey of this healing art. Dong and Esser discuss chi gong's history, famous practitioners, applications for health and the martial arts, and the role of chi in exceptional human functioning and mind-body interactions. Combining information from Western scientific investigations as well as personal insights from Paul Dong's practice, the authors provide a thorough explanation of the concept of chi and its role in traditional Chinese medicine, discuss the groundbreaking use of chi gong in cancer treatments, and take the reader on a visit to one of China's many chi gong clinics.

Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser Bibliography

- Sales Rank: #541126 in Books
- Brand: Dong, Paul/ Esser, Aristide H.
- Published on: 2008-11-18
- Released on: 2008-11-18
- Original language: English
- Number of items: 1
- Dimensions: 8.98" h x .73" w x 6.01" l, .76 pounds
- Binding: Paperback
- 240 pages

 [Download Chi Gong: The Ancient Chinese Way to Health ...pdf](#)

 [Read Online Chi Gong: The Ancient Chinese Way to Health ...pdf](#)

Download and Read Free Online Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser

Editorial Review

From Library Journal

Practitioners of this ancient Chinese therapeutic art popular in New Age circles claim that chi gong can maintain and restore health through the balancing of chi , the body's vital energy. Journalist Dong and psychiatrist Esser provide extensive history and theory as well as instruction on performing basic chi gong exercises. They explain how a typical Chinese chi gong clinic operates, discuss paranormal phenomena attributed to chi gong , and comment on the relationship of chi and Western science. A well-executed treatment of a unique topic, this will appeal primarily to informed laypersons. Recommended for collections in alternative or traditional medicine.

- *Judith Eannarino, Washington, D.C.*

Copyright 1991 Reed Business Information, Inc.

About the Author

Paul Dong has taught chi gong at the San Francisco College of Acupuncture and the YMCA since 1976. The author of *Empty Force* and other books, he lives in Oakland, CA. Aristide H. Esser, M.D., has worked with the Sino-US Chi Gong Health Sciences Development Center since 1984. He lives in New City, New York.

Users Review

From reader reviews:

Carissa Ware:

The ability that you get from Chi Gong: The Ancient Chinese Way to Health may be the more deep you digging the information that hide into the words the more you get serious about reading it. It does not mean that this book is hard to understand but Chi Gong: The Ancient Chinese Way to Health giving you excitement feeling of reading. The article author conveys their point in selected way that can be understood through anyone who read the idea because the author of this reserve is well-known enough. This book also makes your personal vocabulary increase well. So it is easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having this kind of Chi Gong: The Ancient Chinese Way to Health instantly.

Edward Apodaca:

This book untitled Chi Gong: The Ancient Chinese Way to Health to be one of several books that best seller in this year, this is because when you read this reserve you can get a lot of benefit onto it. You will easily to buy this specific book in the book retail outlet or you can order it by means of online. The publisher in this book sells the e-book too. It makes you more easily to read this book, because you can read this book in your Smartphone. So there is no reason for you to past this reserve from your list.

Darlene Johnson:

Reading a reserve can be one of a lot of action that everyone in the world adores. Do you like reading book so. There are a lot of reasons why people fantastic. First reading a e-book will give you a lot of new information. When you read a publication you will get new information since book is one of various ways to share the information or their idea. Second, reading through a book will make you actually more imaginative. When you reading a book especially hype book the author will bring you to definitely imagine the story how the personas do it anything. Third, you could share your knowledge to some others. When you read this Chi Gong: The Ancient Chinese Way to Health, you could tells your family, friends along with soon about yours reserve. Your knowledge can inspire the others, make them reading a book.

Magdalena McKinney:

Reading a book being new life style in this year; every people loves to examine a book. When you study a book you can get a lots of benefit. When you read textbooks, you can improve your knowledge, because book has a lot of information onto it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your review, you can read education books, but if you want to entertain yourself you can read a fiction books, these kinds of us novel, comics, and soon. The Chi Gong: The Ancient Chinese Way to Health provide you with new experience in studying a book.

Download and Read Online Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser #K2FYWUTIAEX

Read Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser for online ebook

Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser books to read online.

Online Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser ebook PDF download

Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser Doc

Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser Mobipocket

Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser EPub

K2FYWUTIAEX: Chi Gong: The Ancient Chinese Way to Health By Paul Dong, Aristide H. Esser