

"This breakthrough book is destined to
become the classic reference on body energy and healing."

—Joan Borysenko, Ph.D.

Author of Minding the Body, Mending the Mind

THE WAY OF
igong

THE
ART AND SCIENCE
OF
CHINESE ENERGY
HEALING

KENNETH S. COHEN

With a foreword by Larry Dossey, M.D.

The Way of Qigong: The Art and Science of Chinese Energy Healing

Kenneth S. Cohen

Qigong is an built-in mind-body therapeutic process that has been practiced with awesome leads to China for millions of years. The chinese language have lengthy precious qigong for its effectiveness either in therapeutic and in combating The Way of Qigong: The Art and Science of Chinese Energy Healing disease, and extra lately they've got used it along side smooth drugs to treatment cancer, immune method disorders, and different life-threatening conditions. Now during this fascinating, accomplished volume, popular qigong grasp and China student Kenneth S. Cohen explains the way you can also combine qigong into your life--and harness the therapeutic strength that might aid your brain and physique in attaining the concord of actual health.

Meine Zugänge zum Qigong waren einerseits mein während des Sinologiestudiums entwickelte Faszination für den Daoismus, sowie andererseits meine Beschäftigung mit ostasiatischen Kampfkünsten. Auf Empfehlung meines Qigong-Meisters habe ich mir dieses Buch zugelegt, welches eine sehr umfassende Einführung in die verschiedenen Aspekte gibt. So werden neben "klassischen" Qigong-Formen und Meditationen auch Themen wie Ernährung und Sexualität behandelt. Der textual content ist intestine geschrieben und der Autor The Way of Qigong: The Art and Science of Chinese Energy Healing hat sich offensichtlich intensiv mit der chinesischen Geisteswelt beschäftigt. Dennoch gab es für mich einen Wermutstropfen, denn einige Abschnitte des Buches gehen mir dann doch ein bißchen zu sehr ins "Esoterische". Währen der Autor in einem der Anhänge zu einem kritischen Umgang mit Qigong-Studien und deren Ergebnissen rät, hätte er sich meiner Meinung nach da beim eigentlichen textual content selbst auch etwas mehr an der eigenen Nase nehmen können. Gäbe es hier halbe Sterne, wäre meine Bewertung wohl eine 3,5 geworden, so tendiere ich ob der umfassenden Behandlung des Themas dann aber doch zur 4.

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