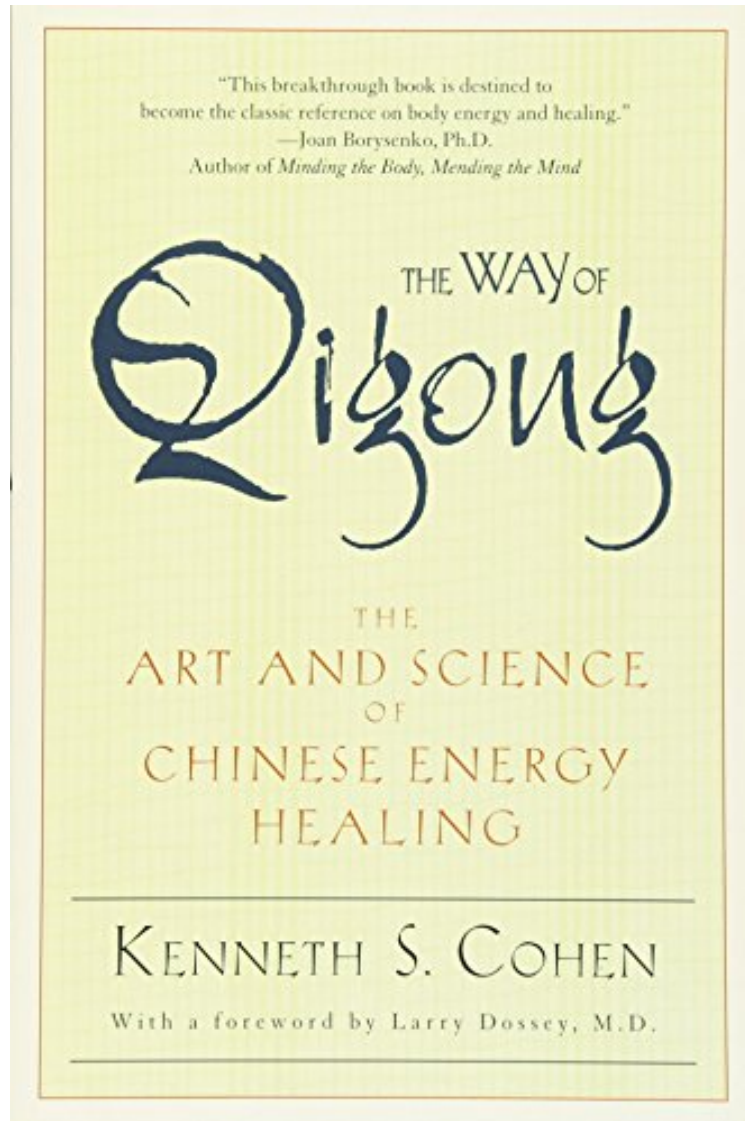


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Ken Cohen

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Qigong is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system disorders, and other life-threatening conditions. Now in this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help your mind and body achieve the harmony of true health.

.com Qigong (ch'i kung) is the modern incarnation of a Chinese energy art that goes back over 2,000 years. With superior scholarship and scientific acumen, *The Way of Qigong* covers the entire range of theory and practice, including relaxation, meditation, massage, therapeutic touch, and postures. Qi (ch'i) means "life energy," and the goal of qigong, master and Chinese scholar Ken Cohen tells us, is "to train the mind to send qi where it is needed." In this encyclopedic work, Cohen teaches us not only how to do qigong, but what it means and how it benefits us, from what kind of tea is best in the summer to how to have better sex. Cohen is at his best when reducing arcane Chinese theories to plain English, and as a result, *The Way of Qigong* is as interesting as it is useful. --Brian BruyaFrom BooklistAs much a "why-to" as a how-to, this is the most comprehensive recently issued book on the Chinese healing art, qigong. Related to t'ai chi, qigong is a series of movements designed to bring qi, or life-force, into the body and encourage it to flow without blockage. Cohen meticulously defines the philosophy that inspired this ancient practice, but his engaged and engaging tone keeps the mass of material he presents from becoming ponderous. He well covers the experimental scientific evidence of qigong's beneficial effect, and the lengthy, illustrated section of exercises he includes shows how qigong can be used for emotional and spiritual as well as physical healing. However many other qigong books are in your library, add this definitive volume. Patricia Monaghan "A long-awaited masterpiece . . . 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*"A TREASURE . . . Those eager to explore the methods of self-healing will learn how in *The Way of Qigong*. By peering through this modern window into ancient practices, the readers will discover how to gather the breath, move with grace and power, and cultivate the mind."--Harriet Beinfield Coauthor of *Between Heaven and Earth*"THIS DEFINITIVE VOLUME . . . IS THE MOST COMPREHENSIVE RECENTLY ISSUED BOOK ON THE CHINESE HEALING ART, QIGONG."--Booklist