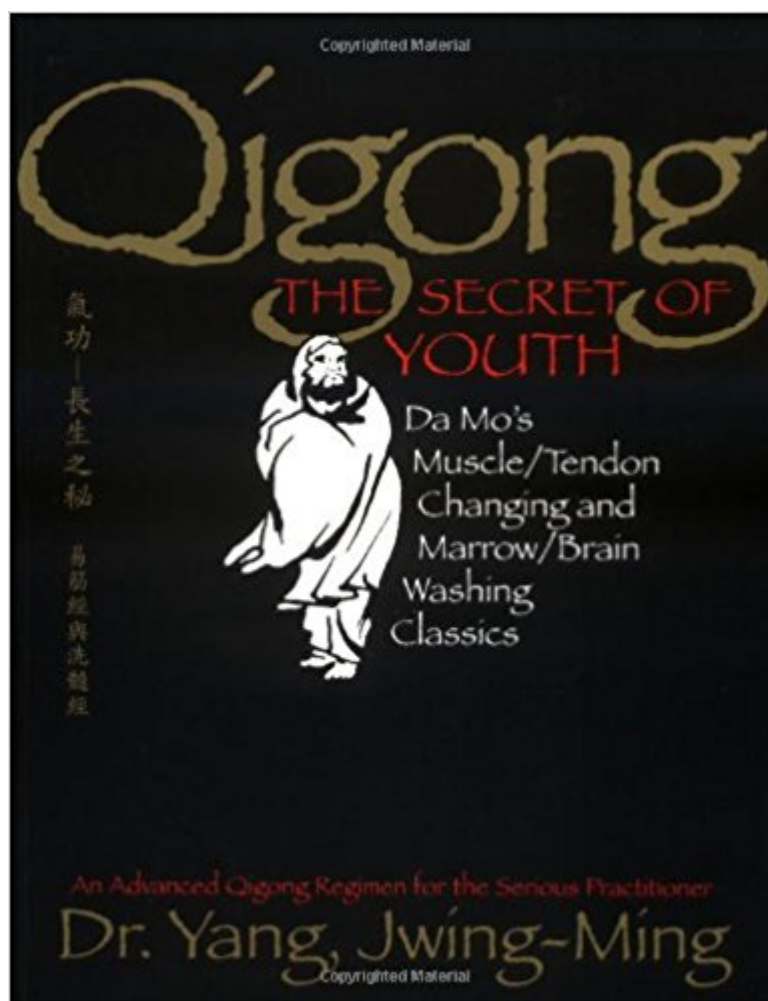




The book was found

Qigong, The Secret Of Youth: Da Mo's Muscle/Tendon Changing And Marrow/Brain Washing Classics



Synopsis

For over one thousand years, Bodhidharma's (Da Mo) timeless classics have been considered the key to enlightenment and long-lasting youth. Now, Dr. Yang, Jwing-Ming, one of the world's leading authorities on Qigong, has translated and written commentaries to make these ancient and profound teachings accessible to everyone. Using ancient Buddhist and Taoist documents as its foundation, this book analyzes and discusses theory and training methods in a modern, scientific manner, and presents safe ways for you to begin your own practice. Improve your health and strength through the Yi Jin Jing (Muscle/Tendon Changing Classic). Work towards longevity & enlightenment with the Xi Sui Jing (Marrow/Brain Washing Classic). Qigong, the Secret of Youth is an invaluable guide for Qigong practitioners and Martial Artists who want to explore deeper levels of internal energy training. Learn the keys to rejuvenating & reconditioning your body. Discover methods for nourishing the brain and bone marrow. Includes Qigong exercises & massage techniques.

Book Information

Paperback: 336 pages

Publisher: Ymaa Publication Center; 2 edition (May 9, 2000)

Language: English

ISBN-10: 1886969841

ISBN-13: 978-1886969841

Product Dimensions: 7.2 x 0.8 x 9.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 46 customer reviews

Best Sellers Rank: #110,164 in Books (See Top 100 in Books) #21 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #209 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#) #1891 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

Customer Reviews

"Dr. Yang, Jwing-Ming has given us a very lucid presentation of the ancient practices of Chinese Medicine. It is a most worthwhile contribution to the bridging of Eastern and Western medical traditions." (Herbert Benson, M.D. Harvard Medical School, author of *The Relaxation Response* and *Your Maximum Mind*) "This profound book is definitely recommended reading for a multitude of reasons, including it's great contribution to the understanding and cultivation of Qi utilizing obscure and elusive techniques developed in antiquity through enlightenment." (Bill Clement, Feng Shui

Information Resource Feng Shui Information Resources)

Text: English, Chinese --This text refers to an out of print or unavailable edition of this title.

Excellent, wish I had bought it sooner. I will update review after I have read more

Very detailed and complex information, but excellent for the serious Qi Gong student!

Very thorough, a great resource of knowledge. A masterpiece on the subject!

Excellent

Very helpful.

I wish they had a brandnew hardcover copy for a decent price.

Love Dr Yang and his entire library he has published

the eternal

[Download to continue reading...](#)

Qigong, The Secret of Youth: Da Mo's Muscle/Tendon Changing and Marrow/Brain Washing
Classics Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and
Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery,
Muscle Strength) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine,
Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain
Exercise, Train Your Brain) Meridian Qigong Exercises: Combining Qigong, Yoga, & Acupressure
Wu Qin Xi: Five-Animal Qigong Exercises (Chinese Health Qigong) Fitness Nutrition: The Ultimate
Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle
(Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Bodybuilding Cookbook:
100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded,
Muscle & Fat Loss Cookbook Series) Muscle building box set: Ectomorph:How to Pack on as Much
Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking
Recipes,3x books in one , Practicing Discernment with Youth: A Transformative Youth Ministry

Approach (Youth Ministry Alternatives) Tendon and Ligament Healing: A New Approach to Sports and Overuse Injury Advances in Posterior Tibial Tendon Insufficiency, An Issue of Foot and Ankle Clinics, 1e (The Clinics: Orthopedics) The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder How Hand Washing Can Save the World | A Children's Disease Book (Learning About Diseases) Washing My Hands (Powerkids Readers: Clean & Healthy) The Journey Toward Recovery: Youth With Brain Injury (Youth With Special Needs) Blame It on the Brain: Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience (Resources for Changing Lives) Primate Brain Maps: Structure of the Macaque Brain: A Laboratory Guide with Original Brain Sections, Printed Atlas and Electronic Templates for Data and Schematics (including CD-ROM). Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 9e (Daniels & Worthington's Muscle Testing (Hislop)) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)