



A Complete Guide to Chi-Gung

By Daniel Reid

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Chi-gung, which literally means "energy work," is a system of cultivating health, vitality, and longevity that is based on the fundamental principles of Taoism and the laws of nature. Practiced by the Chinese for thousands of years, *chi-gung* works with the energy found in all living things to help rid the body of the imbalances that sap our strength and give rise to disease. The simple, meditative movements, breathing exercises, and massage techniques that are the basis of *chi-gung* can be practiced by anyone, regardless of age or physical fitness.

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Editorial Review

Review

"Virtually everything one needs to know about the practice of *chi-gung*."—*NAPRA Review*

From the Inside Flap

Chi-gung, which literally means "energy work," is a system of cultivating health, vitality, and longevity that is based on the fundamental principles of Taoism and the laws of nature. Practiced by the Chinese for thousands of years, chi-gung works with the energy found in all living things to help rid the body of the imbalances that sap our strength and give rise to disease. The simple, meditative movements, breathing exercises, and massage techniques that are the basis of chi-gung can be practiced by anyone, regardless of age or physical fitness. This book was published in hardcover under the title *Harnessing the Power of the Universe*.

About the Author

Daniel Reid is a leading Western authority on traditional Chinese medicine and Taoist healing practices and has studied and practiced Chinese medicine for over twenty years. He is the author of *The Complete Book of Chinese Health and Healing* (Shambhala, 1993, 1994).

Users Review

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