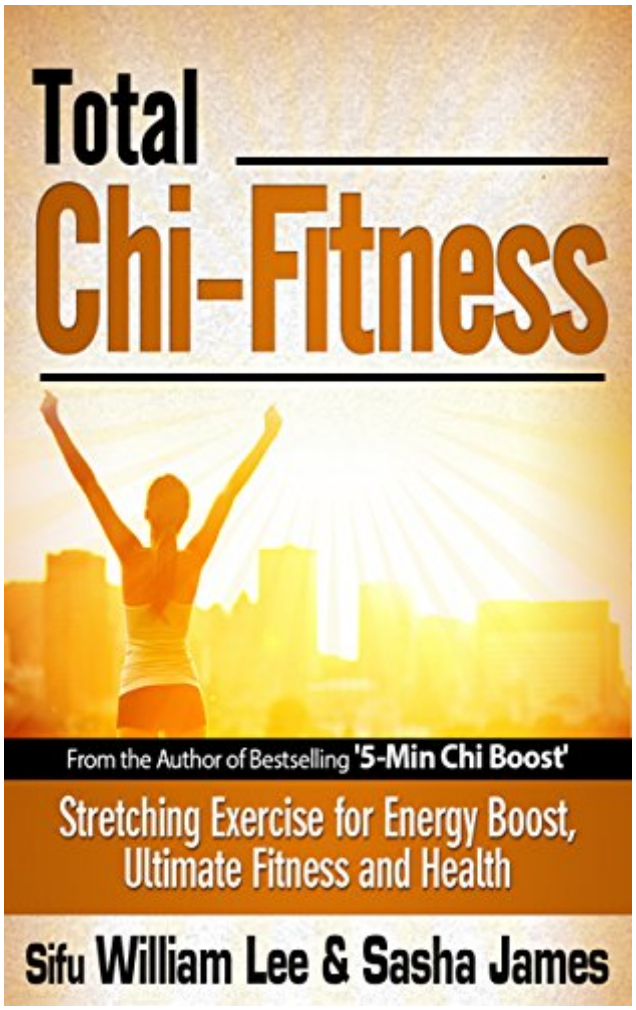
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Total Chi Fitness - Meridian Stretching Exercises For Ultimate Fitness, Performance And Health (Chi Powers For Modern Age Book 2)



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Synopsis

TRAIN & LIVE with FULL POWER, HEAL FAST & FEEL GREAT using this SIMPLE but POWERFUL MERIDIAN STRETCHING METHOD(Very EFFICIENT & EASY to Learn - because of getting full Instructions, Images, Poster + Video, this Performance Enhancing Method is LOVED by Everyone-- from Professional Athletes to the average persons).This book is a complete and practical guide for mastering ancient meridian stretching exercises that can enrich your life in many different ways. Learning curve is very short and from Sifu Lee youÃ¢â ¬â„¢ll get detailed instructions, images and VIDEO along with your purchase of this eBook. This will help you to master these exercises quickly as you do not need anything else in order to learn a complete set of Total Chi Fitness exercises. Therefore youÃ¢â ¬â„¢ll enjoy the benefits youÃ¢â ¬â„¢ll reap! CAUTION: This book is NOT meant for seekers of the theoretical knowledge and speculative approach to Chi, Energy work etc. - this book is totally practical & extremely simple! Although simple, these meridian stretching exercises provide quick results TO ANYONE who actually put them in practice regardless of what one thinks and what one believes. Shocking to most of the practitioners who are witnesses to such healing, these exercises will boost your energy levels strongly. Meridian stretching and techniques of Total Chi Fitness rapidly 'cleans' your energy channels from all blockage that slows down the healthy flow of lifeÃ¢â ¬â„¢s energy - Chi. If done correctly, they will help you fight diseases and accelerate your mental and physical performance far better than any other artificial booster or 'food supplement' and will provide you with dozen of additional benefits!If your body is sick or weak, Total Chi Fitness exercise program will help you to heal faster. Relief from modern diseases and health disorders such as inability to concentrate, back pain, headache, low energy and weakness, etc. is a sure guarantee! If you're healthy, hard-working or active in sports, Total Chi Fitness exercise program will enhance the result you are achieving as it catapult you to dimensions packed with fresh energy resources that you currently don't even know of! The "secret" of Total Chi Fitness powers is simple. It is originated from ancient Chinese medicine and martial arts and is remained unchanged for thousands of years.BONUS: All the exercises used in Total Chi Fitness Program are prepared on a single page in the form of a Poster which you will find at the end of the book. TRY IT TODAY AND FEEL THE DIFFERENCE YOURSELF

Book Information

File Size: 3614 KB

Print Length: 82 pages

Publisher: William Lee Publishing; 1 edition (January 4, 2014)

Publication Date: January 4, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00BZG7NK8

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #82,233 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Sports Health & Safety #13 inÃ Â Books > Health, Fitness & Dieting > Sports Health & Safety #34 inÃ Â Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Sports & Outdoors

Customer Reviews

I am always amazed at how this simple stress-free program can provide such fast results in calming, releasing tensions, strengthening and energizing. I am very familiar with acupressure techniques and very aware of how meridians can become unbalanced. But as an easy, results-oriented approach for someone without any knowledge, the proof is in the doing. And these exercises are powerful.

This book explains in very simple language the idea behind Chinese medicine and exercise. It provides several illustrations of the Chinese idea of body meridians. The meridians guard the chi or life force. Lee, the author, provides exercises to strengthen the chi. The exercises are extremely simple and easy to do. About 10 minutes or less and you are done. I have been doing them and I do notice an increase in energy, as promised.I recommend this book to anyone who wants to increase physical vitality.

If you have been trying to study Qigong, but have been unable to find the time or discipline needed to make any real progress, I highly recommend this book from Sifu William Lee. The program it teaches should be within the reach of anyone and I can tell you from personal experience that you will begin to get some benefit almost immediately.Although I have another more comprehensive

program as my goal, I plan to continue using the routine he teaches also. It is a great 20 minute day starter that’s very hard to find an excuse to miss.

I cannot say how much I am pleased with this book. I loved the chi fitness poster, the photos that come along with every single exercise, and the easy-to-understand writing style of the author. The photos help a lot as well, in fact. Otherwise, it would be hard to do the exercise right. And when you already learn the exercises, one glance at the photo reminds you what you should do in a certain exercise. It was really smart to build this book in that way.5 stars and my best recommendations!

This book addresses the issue of optimizing Qi flow with Qi breathing and stretching primarily the involuntary postural muscles where most of the unconscious tension of stress accumulates. Like Sifu William Lee’s other books it gives easy, highly valuable and practical instruction . I am a retired California physician who has practiced both Western medicine and acupuncture so I have experience in both Eastern and Western healing methods. I started Qigon practice about five years ago when I recognized that it is far better and easier to keep the Qi in one’s meridians flowing freely than to try to remedy blockages and illnesses once they have become established. In addition to my other Qigong practice I have put Sifu William Lee’s techniques to practice in my daily life with very noticeable positive results in terms of energy, vitality and well being. His methods are clearly presented and extremely cost efficient in terms of time and energy required to learn and apply. They are deceptively simple but for those who are willing to actually put them into practice the benefits will be easily recognizable. I have purchased and applied all of Sifu’s books and each is a gem in its own right; each providing a different but equally potent tool for maintaining balanced Qi flow throughout one’s body. The price of Sifu’s books is as very low as the value is very high. Sifu William Lee has done a great service by providing this valuable ancient practice to the general public is such a user friendly form.Arun Seeley, M.D.

Although the writing could use some editing in places (it’s amusing when the author refers to toes as "fingers" and the calf muscles as the "leg biceps"), the practices are excellent and presented simply so that you just get practicing and don’t get bogged down in too much theory. I can understand someone looking at the stretches in this book and thinking they are too simple to be described as *total* chi fitness, and maybe that’s somewhat true, but they are nonetheless really effective. I find doing this set of exercises to be as good or better than the 30-45 minute yoga routine I was doing, despite these practices being simpler and requiring less time (and flexibility) to do. They really help

with opening up energy flow in the body with a minimum amount of time.

I’ve been doing chi gong for several years and have explored many different practices. I’ve come to realize that if all I want to do is ensure that the chi flows evenly through my body so that I maintain my health, then stretching is where it’s at. This is a wonderful series of stretches that anyone can do. Add in the author’s other book, "5-minute Chi Boost" for meridian tapping and you’re set. Stretching and tapping (with a little standing and energy gates) are all I’m doing now, and I’ve never felt better. Highly recommended.

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