



## Women's Qigong for Health and Longevity: A Practical Guide for Women Forty and Older

By Deborah Davis

Shambhala Publications Inc. Paperback. Book Condition: new.

BRAND NEW, Women's Qigong for Health and Longevity: A Practical Guide for Women Forty and Older, Deborah Davis, Qigong is an ancient Chinese system of movements and breathing exercises that promotes health, relaxation, and mental clarity; improves stamina; and can even treat specific health issues. It can be learned and practised easily by people of any age, and can be extremely effective even if practised for only a few minutes a day. Acupuncturist and long-time qigong practitioner Deborah Davis has created this user-friendly guide specifically for women forty and older. She shows that qigong practice can help women dramatically boost their energy level, promote well-being, and treat common health issues, and she offers do-it-yourself exercises that are safe and accessible. Davis' book includes three parts. Part one explains the traditional Chinese approach to health and the various components of qigong practice, including exercises, breathing techniques, massage, and vocalizations. Part two gives general health routines for women of age categories 39-49, 50-64, and 65 and over. Part three gives routines for dealing with specific health issues, including insomnia, hypertension and heart disease, menopause, sexual vitality, breast health, breast cancer, osteoporosis, and depression, among others.

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