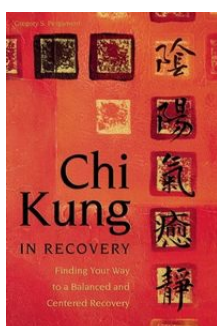


CHI KUNG IN RECOVERY: FINDING YOUR WAY TO A BALANCED AND CENTERED RECOVERY

Chi kung, the art of cultivating life force energy, is here distilled into a key selection of exercises designed to boost health and increase mind-body-spirit consciousness. For anyone interested in exercise with a deeper spiritual significance, this step-by-step guide takes readers through essential breathing, meditation, and mindfulness techniques that yield exponentially more powerful benefits than traditional exercise. Gregory S. Pergament is a clinical associate at the Las Vegas Recovery...



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