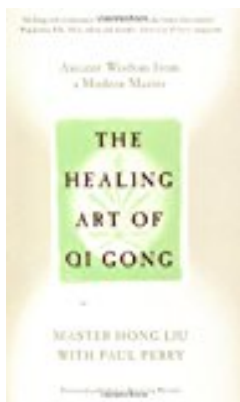


# [PDF] The Healing Art Of Qi Gong: Ancient Wisdom From A Modern Master

Paul Perry, Hong Liu - pdf download free book

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**Books Details:**

Title: The Healing Art of Qi Gong: A  
Author: Paul Perry, Hong Liu  
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**Description:**

**From Library Journal** Liu is a Chinese physician and Qi Gong master who believes that he was chosen to bring Eastern and Western systems of medicine together into a complementary whole. Now practicing traditional therapies in California, Liu tells his story with the help of Perry, who coauthored the best-selling *Saved by the Light* (Wheeler, 1991; Random, 1994, reprint) with Dannon Brinkley. Partly biological, partly philosophical, and partly prescriptive, the book is written

in the first person, which gives it a casual feel. The somewhat overly long first half describes Liu's quest to become a Qi Gong master. The second half is a more clinical description of the Qi Gong process, which uses a patient's own energy fields to achieve a state of "radiant health," or wellness, with a regimen of diet, exercise, and herbal remedies assisting in the process. Liu illustrates his method with case studies and includes recipes for healing foods. Qi Gong may seem odd to Western sensibilities, but Liu is careful to point out that it should be undertaken in conjunction with standard medical treatments and with the knowledge of a physician. Recommended for libraries with a large alternative medicine collection or where demand is high. Betty Braaksma, Thunder Bay P.L., Ontario Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

**From** In the first third of this book, Liu tells how he was instructed in one type of Chinese healing by Master Kwan, who lived in a three-room mountaintop cave and looked on the difficult climb to it as a test of motivation for patients, students, and apprentices. Kwan's striking diagnoses--achieved apparently by using only his eyes--Liu shows to be neither paranormal nor miraculous but the result of intense study and long experience. Once Liu learned the lesson of humility, Kwan became teacher rather than taskmaster. Later, when Liu, having taken his M.D., worked in a Western-style Shanghai hospital, he gradually brought his bosses around to believing Chinese medicine had much to offer. In the book's remaining two-thirds, Liu reports on several cases to show how he thinks and works; relays many herbal recipes; and describes, with illustrations, helpful exercises for both patients and those desirous of keeping good health. Liu seems to understand himself and other people, and he urges a close relationship between Chinese and Western medicines. *William Beatty* --This text refers to an out of print or unavailable edition of this title.

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