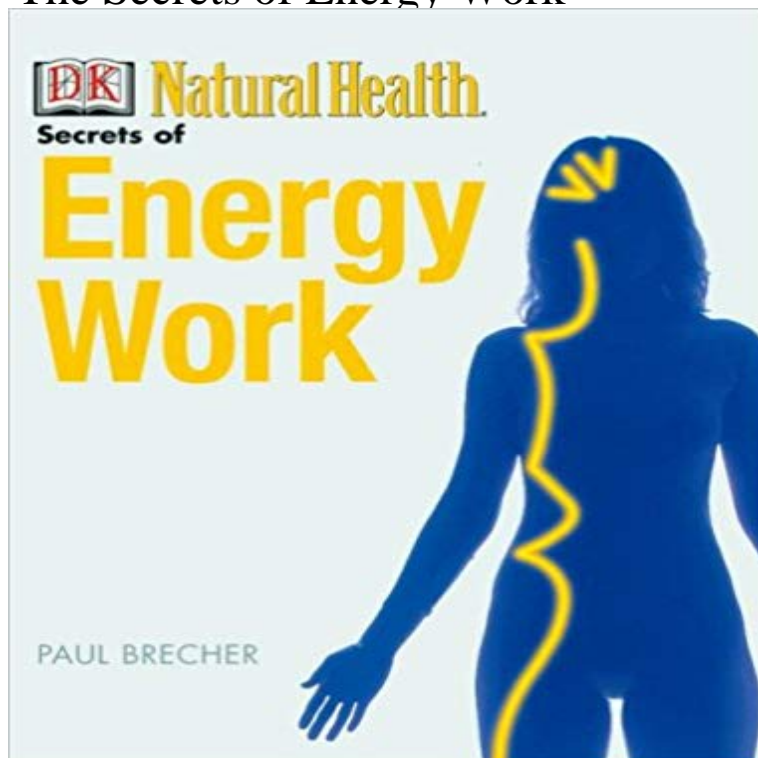


The Secrets of Energy Work



Discover the origins of energy work, now becoming popular in the West. Learn in an easy-to-follow, step-by-step format to tap an inner energy source. For thousands of years, people in China have practiced an exercise system known as chi kung, moving energy around the body to encourage mental and physical health--and illustrated here with color photographs and comprehensive diagrams throughout. Culminating in a section on the possibilities of spiritual travel, this guide shows you how to let your energy flow lead you towards a more mentally, physically, emotionally, and spiritually satisfying life. Here is an exciting new series focused on today's most popular healing approaches and spiritual insights. Presented in a clear, concise format, the Secrets of Series demystifies popular alternative approaches and teaches proper application, providing a perfect balance of theory and practice. Perfect for new or casual readers, these handbooks are simple to follow yet thorough and authoritative. Covering a wide range of topics, they appeal to readers from every background.

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