



The Art of Chi Kung: Making the Most of Your Vital Energy

Kiew Kit Wong

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Widely recognized as an effective means of stress management and healing, chi kung is also an extraordinary technique for developing a general fitness of the mind and body. In *The Art of Chi Kung*, fourth generation Grandmaster Wong Kiew Kit explores the principles and philosophy of chi kung, explaining its beneficial effects, and then guides you through a series of chi kung exercises which you can learn from and practice at home.

It includes:

- Chi Kung for Health and Longevity.
- Stress Management.
- Vitality for Sex and Youthfulness.
- Training of the Mind for Focus and Creativity.

This is the most comprehensive study of chi kung available, and will prove invaluable whether you are a beginner or already have some understanding of this ancient art.

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