

Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications)

By Dr. Michael Mayer

 Download

 Read Online

Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer

Secrets To Living Younger Longer is based on Qigong, a many thousand-year-old method of cultivating the energy of life (Qi) through movement, breath, touch, sound, and awareness. Scientific research documents how Qigong can lower blood pressure, increase balance and help with a wide variety of chronic diseases. But this is more than a book on Qigong exercises. Building upon those in the forefront of the mind-body healthcare revolution, Dr. Mayer has created a unique blend, combining Chinese Qigong and Western psychological methods with cross-cultural anthropological research. Secrets... is enlivened by mythic tales and imaginative teaching stories from ancient sacred wisdom traditions. Secrets to Living Younger Longer contains:

- Health & Longevity Practices: A synthesis of 30 years of Dr. Mayer's training with some of the most respected Tai Chi and Qigong masters. Learn practices to add to your lifetime preventative medicine program:
 - Discover the unique Chinese practice of Sung to simultaneously relax and energize your body, Strengthen immunity, Reduce Hypertension, Limber your joints, Release computer shoulder tension Relieve chronic illnesses, Prevent falls, Alleviate insomnia and anxiety, Find relief from arthritis and Fibromyalgia, *See Appendix I for a list of health benefits for all ages. *
 - Intriguing Historical Research: Learn how Tai Chi and Qigong have roots in Shamanism and a lost, integrative Self-healing lineage. Rediscovering these underpinnings helps to deepen the healing potentials of these arts.
 - Standing Meditation: The key to making Qigong most effective.
 - Transforming your Life Stance: Realizations and examples from a psychologist's life, and from his patients and students.

 [Download Secrets to Living Younger Longer: The Self-Healing ...pdf](#)

 [Read Online Secrets to Living Younger Longer: The Self-Heali ...pdf](#)

Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications)

By Dr. Michael Mayer

Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer

Secrets To Living Younger Longer is based on Qigong, a many thousand-year-old method of cultivating the energy of life (Qi) through movement, breath, touch, sound, and awareness. Scientific research documents how Qigong can lower blood pressure, increase balance and help with a wide variety of chronic diseases. But this is more than a book on Qigong exercises. Building upon those in the forefront of the mind-body healthcare revolution, Dr. Mayer has created a unique blend, combining Chinese Qigong and Western psychological methods with cross-cultural anthropological research. Secrets... is enlivened by mythic tales and imaginative teaching stories from ancient sacred wisdom traditions. Secrets to Living Younger Longer contains:

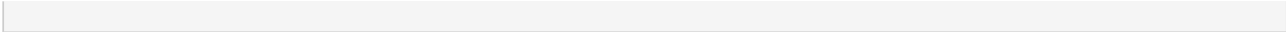
- **Health & Longevity Practices:** A synthesis of 30 years of Dr. Mayer's training with some of the most respected Tai Chi and Qigong masters. Learn practices to add to your lifetime preventative medicine program: ?• Discover the unique Chinese practice of Sung to simultaneously relax and energize your body, Strengthen immunity, Reduce Hypertension, Limber your joints, Release computer shoulder tension Relieve chronic illnesses, Prevent falls, Alleviate insomnia and anxiety, Find relief from arthritis and Fibromyalgia, *See Appendix I for a list of health benefits for all ages. * ?• **Intriguing Historical Research:** Learn how Tai Chi and Qigong have roots in Shamanism and a lost, integrative Self-healing lineage. Rediscovering these underpinnings helps to deepen the healing potentials of these arts. ?• **Standing Meditation:** The key to making Qigong most effective. ?• **Transforming your Life Stance:** Realizations and examples from a psychologist's life, and from his patients and students.

Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer Bibliography

- Sales Rank: #1009051 in Books
- Published on: 2004-06-28
- Original language: English
- Number of items: 1
- Dimensions: 10.75" h x .71" w x 8.00" l,
- Binding: Paperback
- 314 pages

 [Download Secrets to Living Younger Longer: The Self-Healing ...pdf](#)

 [Read Online Secrets to Living Younger Longer: The Self-Heali ...pdf](#)



Download and Read Free Online Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer

Editorial Review

Review

A splendid break-through that contributes a new slant to meditative practice. -- *Dr. Larry Dossey, Author of Reinventing Medicine*

A wonderful guide for learning the ancient healing practices of Qigong. Full of clear and practical exercises. -- *Dr. Wayne Jonas, Former Director, National Institute of Health, Office of Alternative Medicine*

During daily Israeli terrorist attacks I practiced Bodymind Healing Qigong to regain calm and find my inner sanctuary of equanimity -- *Hana Matt, Teacher of "World Religions," Graduate Theological Union*

About the Author

Michael Mayer, Ph.D. is a licensed Psychologist, and Qigong teacher who specializes in giving his patients self-healing methods for health problems. Dr. Mayer presents his approach to bodymind healing at professional conferences, universities and hospitals. He is a co-founder and staff member of a multidisciplinary clinic practicing integrative healthcare. Dr. Mayer was perhaps the first person in the United States to train doctoral psychology students in the integration of Qigong and Psychotherapy. The World Institute for Self-healing gave him an award for outstanding research and contribution to the advancement of mind-body medicine. He is the author of ten publications on bodymind healing including three books, a video tape/DVD Bodymind Healing Qigong, audio tapes on cancer and chronic disease, and articles on chronic pain and anxiety. His peer reviewed article on Qigong and hypertension appeared in "The Journal of Alternative and Complementary Medicine," and is updated in the book Healing, Intention and Energy Medicine, by Dr Wayne Jonas, past director of the National Institute of Health, Office of Alternative Medicine.

Users Review

From reader reviews:

William Sebastian:

Reading a reserve can be one of a lot of task that everyone in the world really likes. Do you like reading book therefore. There are a lot of reasons why people love it. First reading a book will give you a lot of new info. When you read a book you will get new information mainly because book is one of several ways to share the information or maybe their idea. Second, looking at a book will make an individual more imaginative. When you examining a book especially fictional book the author will bring one to imagine the story how the figures do it anything. Third, it is possible to share your knowledge to others. When you read this Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications), you could tells your family, friends in addition to soon about yours book. Your knowledge can inspire the others, make them reading a publication.

Shannon Lynch:

The e-book with title Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing

Meditation and Tai Chi (Bodymind Healing Publications) contains a lot of information that you can learn it. You can get a lot of profit after read this book. This kind of book exist new information the information that exist in this guide represented the condition of the world at this point. That is important to yo7u to know how the improvement of the world. That book will bring you in new era of the globalization. You can read the e-book on the smart phone, so you can read the idea anywhere you want.

Eileen Moore:

A lot of publication has printed but it is unique. You can get it by internet on social media. You can choose the top book for you, science, comic, novel, or whatever simply by searching from it. It is called of book Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications). You can add your knowledge by it. Without leaving the printed book, it may add your knowledge and make anyone happier to read. It is most important that, you must aware about reserve. It can bring you from one destination to other place.

Colleen Edwards:

What is your hobby? Have you heard in which question when you got pupils? We believe that that problem was given by teacher for their students. Many kinds of hobby, Every person has different hobby. And you know that little person just like reading or as looking at become their hobby. You have to know that reading is very important and also book as to be the thing. Book is important thing to provide you knowledge, except your personal teacher or lecturer. You discover good news or update concerning something by book. Numerous books that can you decide to try be your object. One of them are these claims Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications).

Download and Read Online Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer #IK8P6BA31YL

Read Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer for online ebook

Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer books to read online.

Online Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer ebook PDF download

Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer Doc

Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer Mobipocket

Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi (Bodymind Healing Publications) By Dr. Michael Mayer EPub