



Chi Kung in Recovery: Finding Your Way to a Balanced and Centered Recovery

Gregory Pergament

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Chi Kung, the art of cultivating life force energy, is here distilled into a key selection of exercises designed to boost health, enhance vitality, 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.

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