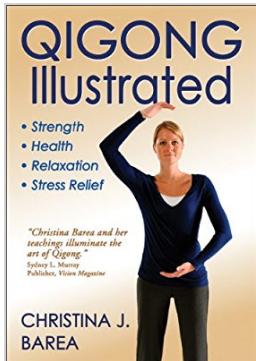


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Centered on the three essential components of qigong (body, mind, and breath), *Qigong Illustrated*'s straightforward, highly visual approach is the quickest and most effective way to experience the physical and mental benefits of each routine, such as improving your posture, strengthening your body, and reducing tension. You will also learn to put together an effective qigong flow and combine routines to address your health and fitness needs.

Whether you are completely new to qigong or have practiced for years, *Qigong Illustrated* will accompany you step by step on the path to better health and self-awareness. This is the exercise guide that you will turn to time and time again.

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