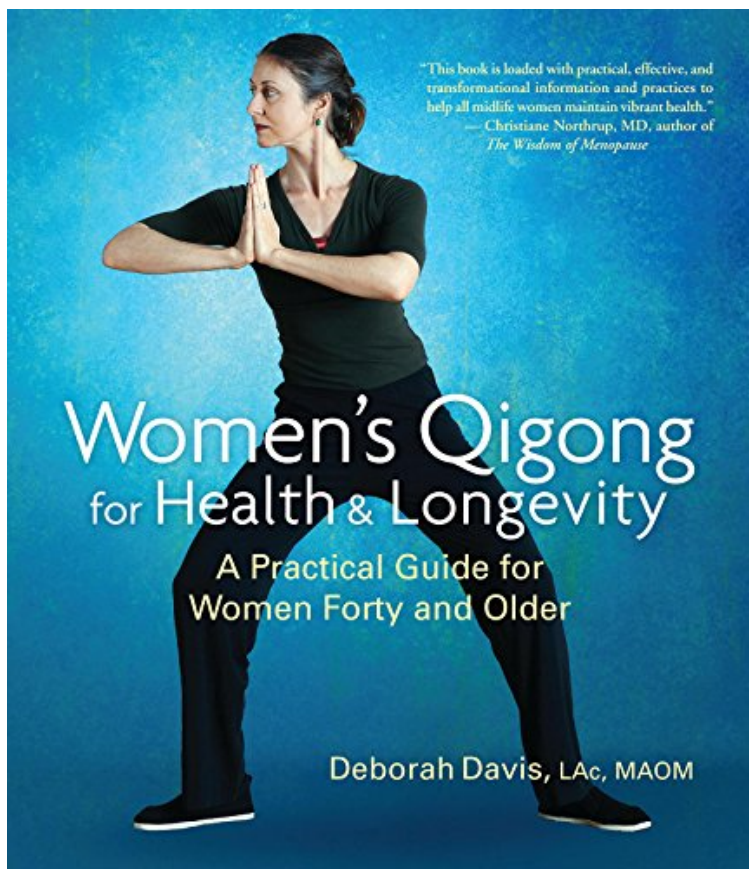


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# Women's Qigong for Health and Longevity: A Practical Guide for Women Forty and Older



Par Deborah Davis  
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## Description :

Prsentation de l'diteurHere is a detailed, easy-to-use guidebook for women forty and older on how to use gentle but powerful traditional Chinese exercises, breathing techniques, massage, meditation, and vocalizations to promote health, fitness, relaxation, and mental clarity; improve stamina; and even treat specific health concerns. Acupuncturist and longtime qigong practitioner Deborah Davis explains the traditional Chinese approach to health and the various components of qigong practice; gives general health routines for women in specific age groups; and offers do-it-yourself practices and routines for specific health issues including insomnia, hypertension and heart disease, menopause, sexual vitality, breast health, breast cancer, osteoporosis, and depression.To learn more about the author, visit her website:

www.womensqigong.com.Revue de presseWomen's Qigong for Health and Longevity is loaded with practical, effective, and transformational information and practices to help all midlife women maintain vibrant health.Christiane Northrup, MD Having personally experienced the 'magic' of qigong many years ago, I am delighted to see this insightful handbook. As a bone health specialist you can bet I'll recommend that all my clients look into Davis' qigong exercises for osteoporosis.Susan E. Brown, PhD, CNS, Director

of the Osteoporosis Education Project This is the most understandable workbook of qigong exercises that I have come across. Deborah Davis covers the basics in simple terms with personal comments. While written specifically for women, the book begins with an excellent overview of qigong and its techniques. I've already recommended it to some male friends. Anna Jedrziwski, Spirit Connection New York, NY, New Age Retailer Presentation de l'diteur Here is a detailed, easy-to-use guidebook for women forty and older on how to use gentle but powerful traditional Chinese exercises, breathing techniques, massage, meditation, and vocalizations to promote health, fitness, relaxation, and mental clarity; improve stamina; and even treat specific health concerns. Acupuncturist and longtime qigong practitioner Deborah Davis explains the traditional Chinese approach to health and the various components of qigong practice; gives general health routines for women in specific age groups; and offers do-it-yourself practices and routines for specific health issues including insomnia, hypertension and heart disease, menopause, sexual vitality, breast health, breast cancer, osteoporosis, and depression. To learn more about the author, visit her website:

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