



Chinese Healing Arts

By William Berk

Unique Publications, United States, 1989. Paperback. Book Condition: New. annotated edition. 214 x 149 mm. Language: English . Brand New Book. Chinese Healing Arts was originally translated in 1895 from classical Chinese texts. This is a unique book which blends the ancient with the modern, and prescribes a program to develop and integrate the body and mind. Included is a discussion of Taoist sexual control, static and dynamic posturing, internal and external massage or kneading, meditation, respiratory exercises and acupressure.



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Reviews

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