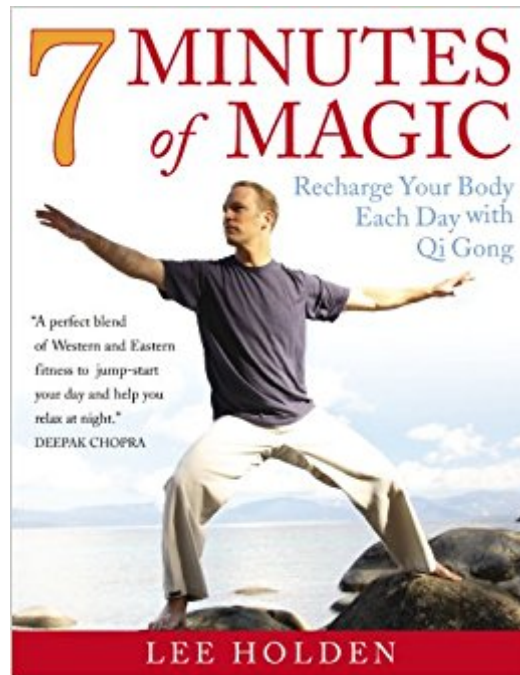




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7 Minutes Of Magic: Recharge Your Body Each Day With Qi Gong



Synopsis

A blend of Eastern movements rooted in qi gong and Western fitness, 7 Minutes of Magic offers the perfect total workout to dramatically change your energy and fitness levels each day. In the morning, the seven-minute sequence wakes up the body with flowing movements and stretches designed to charge the muscles with energy and focus the mind for the rest of the day. In the evening, the exercises clear stress and calm the mind for sound sleep. Author Lee Holden also provides breathing techniques, nutritional tips, and advice on simple lifestyle changes throughout the day to increase vitality. Complete with more than 125 step-by-step, black-and white photographs, variations for more targeted workouts, and additional routines for more relaxed weekends, with 7 Minutes of Magic readers will start feeling their best today. “By skillfully blending the ancient tenets of Eastern disciplines into our Western lifestyle, 7 Minutes of Magic gives us the key to a long, healthy, happy life through an enjoyable and accessible fitness program.”—Nicholas Perricone, bestselling author of 7 Secrets to Health, Beauty and Longevity

Book Information

Paperback: 208 pages

Publisher: Avery; Reprint edition (June 19, 2008)

Language: English

ISBN-10: 1583333150

ISBN-13: 978-1583333150

Product Dimensions: 7.4 x 0.6 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 25 customer reviews

Best Sellers Rank: #415,296 in Books (See Top 100 in Books) #116 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #165 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #1020 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

“By skillfully blending the ancient tenets of Eastern disciplines into our Western lifestyle, 7 Minutes of Magic gives us the key to a long, healthy, and happy life through an enjoyable and accessible fitness program.”—Nicholas Perricone, M.D.

Lee Holden is an internationally known instructor in meditation, tai chi, and qi gong. The founder of

Pacific Healing Arts, one of northern California's most successful wellness practices, Holden also lectures and teaches workshops across the United States, and in Europe and Asia. He has been featured by American Public Television on PBS affiliates nationwide. In addition to his private practice, he works as a stress-management consultant to many corporations in Silicon Valley, including Apple and 3COM. He lives in Santa Cruz, California.

great!

Nice with a lot of good information.

came as expected - now if he could only make me do these exercises!

Although I cannot get either of these sets of Qi Gong postures down to 7 minutes, they're certainly thorough in reaching all areas of the body. It's a relaxing process while it's recharging in all aspects. I only wish he had a DVD to go along with it.

Simple easy to follow!

Was hoping this was different than the CD course I have, but the materials were the same. Not sure you could actually do the workout from the book....but if you are looking for some intro information this would be a good choice.

Easy to read and review as needed.

It's a good programme but it does not do what it says on the box. It takes 15 minutes each time. I've been doing it for 3 weeks now, even if I try to breathe faster than feels natural it takes 14 minutes. I've written to the contact details on the website about it, but no reply... :(

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