



7 Minutes of Magic: Recharge Your Body Each Day with Qi Gong

By Lee Holden

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7 Minutes of Magic: Recharge Your Body Each Day with Qi Gong By Lee Holden

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*

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Editorial Review

Review

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About the Author

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.

Users Review

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Margaret Head:

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Cary Freeman:

The book untitled *7 Minutes of Magic: Recharge Your Body Each Day with Qi Gong* is the book that

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Linda Soto:

Playing with family in a very park, coming to see the ocean world or hanging out with pals is thing that usually you will have done when you have spare time, after that why you don't try issue that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love 7 Minutes of Magic: Recharge Your Body Each Day with Qi Gong, it is possible to enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout fellas. What? Still don't get it, oh come on its referred to as reading friends.

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