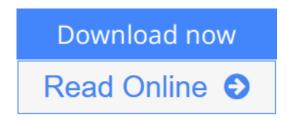


## 7 Minutes of Magic: Recharge Your Body Each Day with Qi Gong

By Lee Holden



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

Sales Rank: #108359 in Books

• Brand: Holden, Lee/ Abrams, Doug (CON)

Published on: 2008-06-19Released on: 2008-06-19Original language: English

• Number of items: 1

• Dimensions: 9.25" h x .58" w x 7.52" l, .70 pounds

• Binding: Paperback

• 208 pages

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#### 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.

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