



Still As a Mountain, Powerful As Thunder: Simple Taoist Exercises for Healing, Vitality, and Peace of Mind

Y. P. Dong

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Martial arts expert Dong offers instructions for a series of simple physical exercises combined with meditations involving visualization, concentration, and breathing. Intended to balance the flow of energy in the body, relax the mind, and improve the health, they can be done by men and women of any age, no matter what their lifestyle or level of fitness. Illustrations.

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