



5-Minute Chi Boost - Five Pressure Points for Reviving Life Energy and Healing F (Chi Powers for Modern Age) (Volume 1)

Sifu William Lee

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When thinking about acupuncture, most of us think about complicated procedures and never try using it. If they ever try, most people give up quickly. However, acupuncture (the ancient art of healing by the simple use of hands and fingers) as described in this book is a well-proven self-healing process that anyone can quickly learn. The author (Master of the traditional Chinese art of Chi Kung, Sifu William Lee) reveals simple techniques that you can easily apply, so that you can enjoy an immense energy boost that you (most probably) need! Quickly get relief from headaches, lack of energy, colds, the flu, insomnia, inability to concentrate, chronic pains, and many other common health disorders. This 5-Minute Chi Boost method is all about providing maximum results in the simplest possible way. Using photos and detailed descriptions, this book explains all that one needs in order to know about why and how to apply the ancient Chinese art of Chi Kung, without the aid of anything else. This simple yet powerful method helps people get more energy, heal faster, stay healthy, and feel great.

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