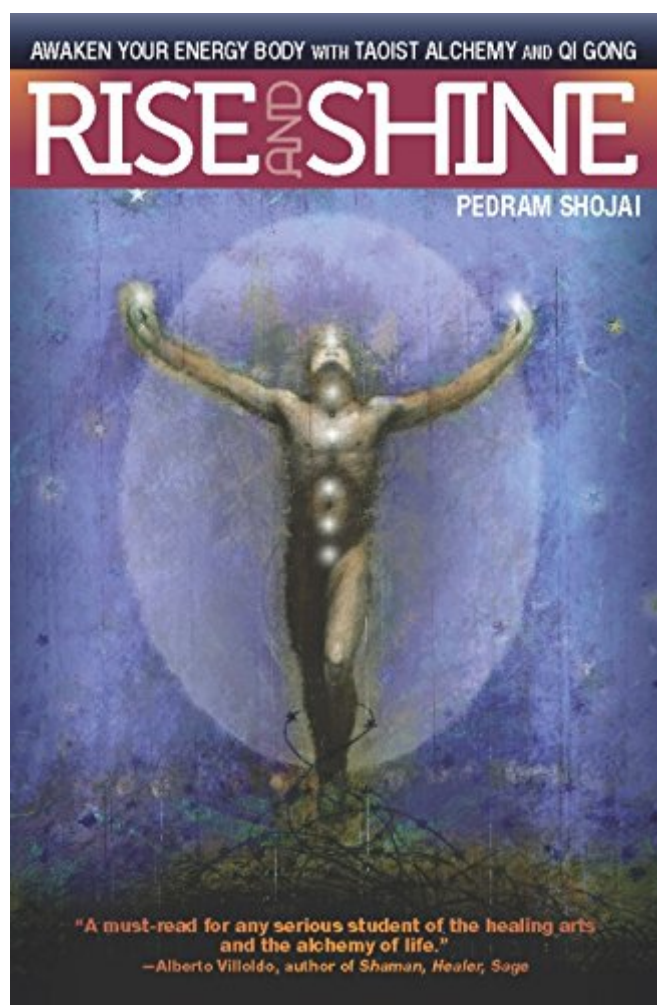


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# Rise And Shine: Awaken Your Energy Body With Taoist Alchemy And Qi Gong



## Synopsis

Find new balance, energy, awareness, and personal power through the ancient mystery techniques of Alchemy and Qi Gong.

## Book Information

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## Customer Reviews

The title does what it says. You will gain an understanding of energy that you did not know & never would know. Once you have this knowledge, your choices will change your life. Get the book. Read it twice. Incorporate its teachings. Pedram is an amazing writer, very friendly & conversational. Then follow him on YouTube everywhere :)

I can not tell how much I liked this book, with lots of information (but not boring), and also with the authors' experience in the way of self-knowledge. Explains difficult concepts of the Chinese medicine and the practice of Tai Chi and Qi Gong in a very interesting way.

Incredible information presented in a way that "normal" people can understand. Pedram is a very

special person - I would highly recommend all of his books/dvd's.

I have read many books on taoism and this one is among the very best. It may help us to wake from our sleep we have been walking in. Wake up, zombies!

So inspired by this book and his humble approach to Tao. I started the Qi Gong exercises and they are so helpful. I just need to be able to get the download from the website so I know how to do the Qi Gong exercise #3

This book is an incredibly thoughtful and well intended book that teaches you the history and theory behind Taoism as well as practices to implement the principles outlined into your daily life.

I have read many other books on ChiGong, alchemy, etc. but this book is written in clear, concise language that makes it a joy to read. The exercises that are recommended are doable for people who have active lifestyles. I heartily recommend it.

one of the best and most eye opening reads of my life.

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