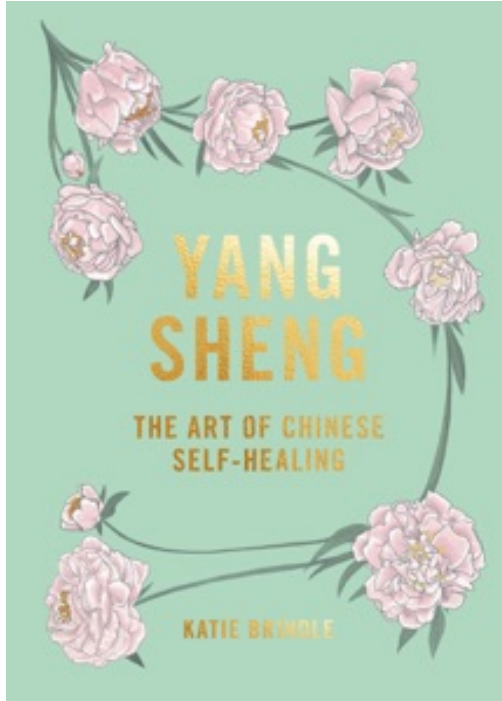


Yang Sheng Download Online EBook Katie Brindle Download Ebooks [EN] PDF, EPub, Mobi



Yang Sheng Download Online eBook Katie Brindle Free eBook PDF/ePub/Mobi/Mp3/Txt, The concept of self-care is, in fact, thousands of years old. This buzzword is rooted in a 2,500-year old Chinese philosophy. 'Yang sheng' means to nourish life - fostering your own health and wellbeing by nurturing body, mind and spirit. In this book, Katie Brindle teaches readers how to harness this powerful natural healing system to improve every aspect of their life.

Yang Sheng fits and works brilliantly in modern life. Some of the techniques may seem unusual, but they are all simple, quick and effective. Even more appealing, a key principle of Chinese medicine is balance; that means not being perfect or excluding foods or having too many rules or pushing yourself to exhaustion with overwork or over-exercise. And so, Yang Sheng encourages you to have the green juice and the glass of wine, a full-on day at work and a night out dancing.

For people who are overtired and overtaxed, stressed, lacking a sex drive, or who feel anxious or hopeless, the practice of Yang sheng restores balance. Our bodies are designed to self-heal - Yang Sheng knows the mechanics of how to activate this.

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