



The Way of Qigong: The Art and Science of Chinese Energy Healing

Kenneth S. Cohen

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Qigong is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system disorders, and other life-threatening conditions. Now in this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help your mind and body achieve the harmony of true health.

The Way of Qigong: The Art and Science of Chinese Energy Healing Details

Date : Published March 9th 1999 by Wellspring/Ballantine (first published 1997)

ISBN : 9780345421098

Author : Kenneth S. Cohen

Format : Paperback 448 pages

Genre : Health, Spirituality, Nonfiction, Combat, Martial Arts, Philosophy



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Michael says

Meine Zugänge zum Qigong waren einerseits mein während des Sinologiestudiums entwickelte Faszination für den Daoismus, sowie anderseits meine Beschäftigung mit ostasiatischen Kampfkünsten. Auf Empfehlung meines Qigong-Meisters habe ich mir dieses Buch zugelegt, welches eine sehr umfassende Einführung in die verschiedenen Aspekte gibt. So werden neben "klassischen" Qigong-Formen und Meditationen auch Themen wie Ernährung und Sexualität behandelt. Der Text ist gut geschrieben und der Autor hat sich offensichtlich intensiv mit der chinesischen Geisteswelt beschäftigt.

Dennoch gab es für mich einen Wermutstropfen, denn einige Abschnitte des Buches gehen mir dann doch ein bisschen zu sehr ins "Esoterische". Wären der Autor in einem der Anhänge zu einem kritischen Umgang mit Qigong-Studien und deren Ergebnissen rät, hätte er sich meiner Meinung nach da beim eigentlichen Text selbst auch etwas mehr an der eigenen Nase nehmen können.

Gäbe es hier halbe Sterne, wäre meine Bewertung wohl eine 3,5 geworden, so tendiere ich ob der umfassenden Behandlung des Themas dann aber doch zur 4.

K.G. says

If you are interested in Chinese science, this book is a must read.

Kenneth S. Cohen really knows his stuff. I've practiced and taught tai chi chuan and qigong for many years and Cohen's book deepened my knowledge of the arts. It is well written and his explanations provide clarity of this complex (on the surface) art. As someone once said "He's not a guy in a diner" meaning he's not espousing theories of which he knows nothing and making stuff as he goes. Cohen is a master and if you're interested in learning this art at a deep level, this book should be on your night table.

Mattheus Guttenberg says

Qigong is an ancient Chinese practice for promoting health, longevity, and physical ability. The Way of Qigong gives a thorough overview of the subject, which discusses the nature of qi and Chinese medicine, the qigong routines, the history of Taoism, the scientific literature on qigong, diet, meditation, sexual activity and more. Anyone interested in learning about the Chinese paradigm of health and vitality would be advised to read this.

Josh says

Great perspective on Qi Gong and its medicinal powers. Beautiful art that has increasing scientific validation, this book is well written, though I'm not into too much learning of Qi Gong from books, the other

parts are very enjoyable.

The Elves says

Kenneth S. Cohen's The Way of Qigong is a really great book on Qigong. Some say that the drawings are not adequate to understanding the moves they illustrate; however, we find that if you combine them with the descriptions, it is really quite clear. And this book has everything. Qigong movements and exercises, data about Qigong, research studies about Qigong, nearly everything you would want to know about the subject, even chapters on diet and tea drinking. Not that you won't want to keep learning, but this is a great place to start, thorough, comprehensive and fascinating.

The Silver Elves authors of Faerie Unfolding: The Cosmic Expression of the Divine

Curtis says

This was a new discovery to me in a used book store. All that I knew before that was a vague reference to "healing energies" made in a martial arts book. Now there is another paradigm for me to assess vital information about my health. The balance of heat and moisture seemed to make a good barometer for changes in wellbeing, good or bad. I feel like I can finally do something about my own body's chemical composition that will improve my condition. These meditations, like the rest of the Taoist traditions, are beautiful to visualize and a wonderful way to relax.

Shaz Davis says

One of my top two recommended reads for people interested in qigong.

Marina Quattrocchi says

Excellent comprehensive book explaining the history and philosophy of qigong in great detail. Essential resource for anyone who is serious about studying this ancient Chinese art. First published in 1997, this book contains timeless wisdom that is just as relevant and practical today. Especially liked the qigong meditations.

Vanessa says

It would have been interesting, if it hadn't been so dull. I would recommend reading an article on qigong, rather than trying to make it through this whole book, which is 80% exercise manual and 20% info.

Alex Delogu says

A marvelous adventure through the varied facets of Qi Gong practice. It includes some practices, but really, just get a teacher. The book functions best as a theoretical journey that goes well with an already developed practice.

Phil Calandra says

Out of the several books which I have read regarding Qigong, this is clearly the most comprehensive and most easily understood. Included is an extensive bibliography, audio-visual training suggestions, extensive notes on each chapter and a glossary of common Qigong terms. Perhaps the only weakness in this book that most Qigong Books share is that the practice material and illustrations that don't provide an optimal learning method compared to video and private instruction

Dana Kohut says

Ken wrote my favorite book on the use and understanding of Qigong, though I would have liked to have seen something on one finger Zen, which he covers in a video he does. Great book and highly recommend it.

Anne says

I pick this book up often because there is a wealth of information. I have read the book front to back several times, but I pick it up every couple months and just open to where it goes. I always pick up something new even though I read it before. This time I spent time in chapter 12 Active QiGong, Chapter 14 The energy of emotions and Chapter 19 Have a Cup of Tea. The Organ-emotion link was very interesting and the breathing exercises are great. The history and legend of tea and recommended prep for tea.

Niels says

Few books contain as many treasures as this one. You can read this book and study for many many years. Ok, you will want a good teacher at some point, but then this book will help you discern what a good teacher really is.

Noelle says

Interesting for the most part. As a huge skeptic, I fail to see the correlation between a cold and the "negative energy" of a body organ but there were a few tips in the book that were very helpful to me in alleviating stress.

