



# **The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook)**

*Kam Chuen Lam*

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# The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook)

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## **The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) Kam Chuen Lam**

We live in a fast-paced, busy world, and many of us are stressed out and anxious as a result. If you suffer from anxiety but have found little relief from modern western treatments, or if you are looking for complimentary treatment, the ancient practice of qigong—which can be understood as the cultivation of internal energy—may offer you relief.

Qigong is rooted in Chinese philosophy and medicine, and it utilizes breathing, movement, and awareness exercises to promote healing and aid in meditation. In *The Qigong Workbook for Anxiety*, world-renowned and respected qigong master Kam Chuen Lam presents the first workbook for overcoming anxiety problems utilizing traditional Chinese energy-focusing exercises. By following these simple and accessible step-by-step exercises, readers will learn to transform feelings of anxiety into resilience and inner strength. The workbook also contains helpful illustrations to help you carry out these exercises.

In the book, Lam will help you think about anxiety, and yourself, in a different way—as a whole. You'll also learn to stop resisting moments of anxiety and other strong emotions, but rather to embrace them within the larger flow of your body's energy field. By doing this, you will ultimately strengthen and cultivate the natural energy you possess.

Author Kam Chuen Lam has been a traditional Chinese healer for over forty years, and is an internationally respected authority on the Chinese health systems of Chi Kung and Tai Chi. To find out more, visit [www.lamkamchuen.org](http://www.lamkamchuen.org).

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**Anna Lewis:**

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**Nathaniel Marvel:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Could possibly be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to attempt look for book, may be the publication untitled The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) can be very good book to read. May be it might be best activity to you.

**Lyle Morales:**

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