



The Tao of Health and Fitness

Jiawen Miao

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For centuries, China's martial arts masters have developed extraordinary strength and fortitude while maintaining optimal health and vitality into old age. This book provides instruction in the traditional exercises that make this possible.

Daily practice of these exercises bring vast improvements in levels of fitness, health, and vitality. Many of the exercises presented here are over a thousand years old, having been handed down and improved upon by generations of martial arts masters.

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