



# The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi

*Roger Jahnke*

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**Unlocks the secrets of one of the most powerful of Chinese healing arts**

Developed over millennia in China, qigong (literally, *life force + mastery*, or *refinement*) is a set of techniques used to increase your vitality, longevity, and sexual potency as well as achieve and maintain optimal health and inner peace. In the groundbreaking *The Healing Promise of Qi*, Dr. Roger Jahnke, internationally respected doctor of Chinese medicine and author of the bestselling *The Healer Within*, clearly and simply explains the concepts of qigong in practical terms.

With the help of 125 superbly rendered illustrations, he describes a multitude of simple qigong tools, practices, and techniques for accessing and utilizing the incredible power of qi. Rather than focus on a particular form of qigong, Dr. Jahnke presents concise, easy-to-follow techniques from among the more than 25 traditional and modern forms that he has mastered and taught to thousands of people across the United States and Canada.

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