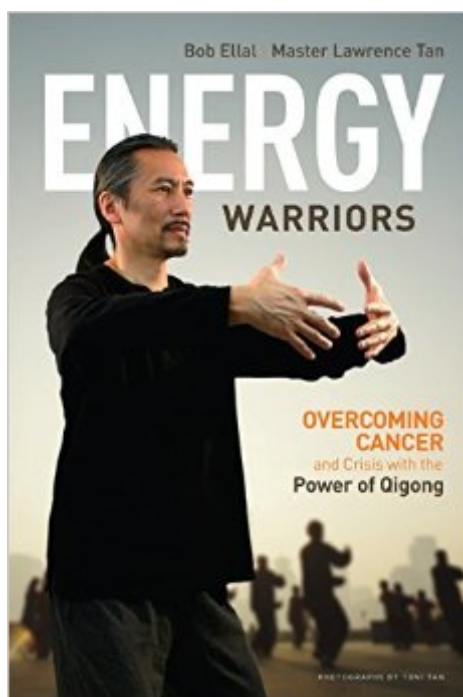


The book was found

Energy Warriors: Overcoming Cancer And Crisis With The Power Of Qigong



Synopsis

Energy Warriors learn to draw on something deeper during impossible times. You will make better decisions in meeting challenges if you have the clarity that comes when you use the the ancient Chinese art and science of qi gong to balance your mind, body, and spirit. Serving as a shining example of the human capacity for courage and overcoming crisis, four-time cancer survivor Bob Ellal shares his experience contending with repeated battles with cancer. Bob's story is accompanied by a qi gong manual by coauthor Lawrence Tan, a martial arts master, who presents an introduction to qi gong along with easy-to-practice exercises. This is a journey to inner strength.

Book Information

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Average Customer Review: 5.0 out of 5 stars See all reviews (5 customer reviews)

Best Sellers Rank: #485,086 in Books (See Top 100 in Books) #173 in Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #264 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #744 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

Customer Reviews

This is an amazing book! The unfortunate life story of Author Bob Ellal's fight with four different bouts with cancer was so well written that I went thru the procedures with him! When I received the book, I sat down and was not able to put the book down until I finished reading it. Thank goodness the practices of qigong was able to help him thru the horrible ordeal and probably a reason that he survived. Having Secondary Progressive Multiple Sclerosis, I have very limited abilities. After having this book referred to me, I began to use the qigong exercises in the book, as best as I could. After just a couple of months, my Physical Therapist commented that my arms were stronger. I was so excited!!! She credited the qigong exercises that I am using from this book. The photos of the exercises are very clear which makes them easy to do. I am so thankful that Mr. Ellal and Master Tan wrote this book. I find it to be very inspirational.

Energy Warriors: Overcoming Cancer and Crisis with the Power of Qigong, stands as a must read for anyone touched by the brutal reality cancer invokes. Bob's words draw you into the narrative, you'll find yourself willing him along on an epic journey of triumphs and tragedy. Bob teaches us that even after victory the hero's tale does not end, the battle goes on. This book is awash in imagery and knowledge from cover to cover, a perfect read for anyone caught in life's struggle. Bob unabashedly shares his deepest fears and nightmares with us, but instills his hopes and determination. Extremely hard to put down, this book will leave you motivated and confident, and ready, to face to anything.

I've suffered from a brain tumor, along with fibro and a bunch of other ailments. I was searching for good qigong books to alleviate my symptoms, and I found this. As I said in the title, I saw the book in the library. I took it out and spent days reading through it, both Ellal's section and Master Tan's. I've found quite a few answers to my pending questions about channeling doubts, pain, etc. Quite a good investment.

I have cancer and there aren't many good books out there to help. This one is in two parts: the first half is the agonizing (and humorous) true life story of a survivor and the second half contains practical and simple steps to boosting energy (Qi) with easy QiGong.

Exceptional book on this topic. Not many out there. Extremely well written.

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