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# ETERNAL SPRING: TAIJI QUAN, QI GONG, AND THE CULTIVATION OF HEALTH, HAPPINESS AND LONGEVITY (PAPERBACK)



JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2009. Paperback. Book Condition: New. New.. 228 x 154 mm. Language: English . Brand New Book. The traditional arts of Taijiquan and Qi Gong are sophisticated expressions of Chinese martial. health and spiritual culture. Rooted in China s ancient past they are still practised by many people in China today to achieve good health, mental well-being and a long and active life; commonly called Eternal Spring . This book, written for a Western audience, explains...

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- Authored by Michael W. Acton
- Released at 2009



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