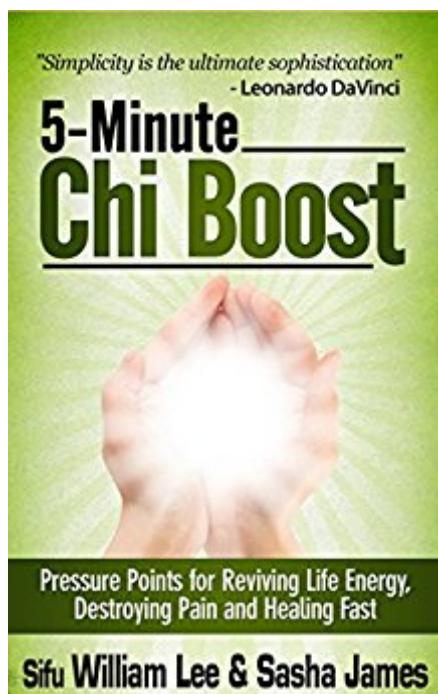


The book was found

5-Minute Chi Boost - Pressure Points For Reviving Life Energy, Avoiding Pain And Healing Fast (Chi Powers For Modern Age Book 1)



Synopsis

A SIMPLE YET INCREDIBLY POWERFUL PACKAGE THAT WILL HELP YOU MASTER IMMENSELY EFFECTIVE PRESSURE POINT MANIPULATION METHOD(Very EFFICIENT & EASY to Learn - you are getting full Instructions, Images, Poster + Video, this Easy to Learn & Very Effective Method will assist You in Fast Recovery and Energy Boost!)Who knew that just by applying a bit of pressure to specific energy points of the body can ease your aches and pains? When thinking about acupressure, most of us think about the procedures involved that are somewhat complicated to learn. Therefore the majority people who have heard of it has never tried using it, or if they do, they give up way too easily! Acupressure is an ancient art of natural healing by simple use of hands and fingers and this book has well proven self-healing processes that anyone can learn fast.In this book, the author and Master of traditional Chinese art of Chi Kung, Sifu William Lee reveals simple techniques you can easily apply and enjoy while acquiring that immense energy boost that you need! Now, you can easily relieve yourself from headaches, lack of energy, tiredness, colds and flu, insomnia, lack of focus, chronic pains and many other disorders of health. How convenient is that?! This 5-Minute Chi Boost method is all about providing maximum results to readers in the simplest possible way. Using photos and detailed descriptions, this book explains all person needs in order to apply ancient Chinese Art of Chi Kung, without the need of anything else. This is a really simple yet powerful method that helps people to you to gather more energy, feel great, heal faster and stay healthy!.TRY OUT PROVEN & POWERFUL METHOD THAT WILL HELP YOU MASTER IMMENSELY EFFECTIVE PRESSURE POINT MANIPULATION METHODBONUS: All the exercises used in 5-Minute Chi Boost Program are prepared on a single page in the form of a Poster which you will find at the end of the book.

Book Information

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Customer Reviews

I really enjoyed this book. Sifu William Lee has put together an easy to implement and understand guide that can give you a huge boost in chi. I am always looking for more ways to naturally increase my energy. This guide has clear directions and easy-to-follow photographs so implementing the movements needed can be done quickly. Recommended for anyone who wants to give their body an energy boost.

This excellent book outlines a simple but effective way to clear and tonify the body's qi (energy). You could get benefits from doing some of the exercises outlined here, but it really is best to learn the whole routine and commit it to memory so you can do the protocol once a day at least. Well worth the read, but it will be a waste of money unless you're willing to actually do the exercises every day. If you want the health benefit, this isn't something you can do for a few days and forget about it.

I have only been using this for about a week and there is already improvement in my body. I have more energy and my body is processing much better already. I will continue to use this method as it is working for me.

really works to get the positive energy flowing again was not a real believer in it till i tried wow workds great

I was looking for a quick routine that would be easy to incorporate into my schedule. This e-book fit the bill. Having some experience in Tai Chi and Qi Gong, I didn't have the reservation/skepticism that other readers may have, so the fact that the author skipped lengthy explanations was very

welcome. Will see how effective the routine is after a couple of weeks.

Chi is the best energizer. Do it ! Do not hesitate! Go forward! Progress! Take the initiative! Be proactive! Don't be a wonderer! Yes! You can do it! Nothing can stop you! You are your own captain! Set the sails! Set the rudder! Go towards your destiny! Never look back. The past is dead ,2sec. Ago! This book is a start towards your well being. Grab the opportunity to do something for yourself. The world is a stage, make sure you play your part without a broken heart. There you have it! When are you going to start a new journey towards the perfect You! Pick the star you want and follow it. Don't lose sight of it! It's yours for the asking! I recommend this book for those who are low in heart that need extra encouragement. This book is about honesty from an author that cares. where there is truth ? You have honesty. You are your own power house. Light it up with your feelings of worth. Take care of your vessel that God has giving you here on earth. You are his hands to shape and feet to walk in any direction you chose.

I will start using this program today! Thank you

If you follow this closely, and do them regularly, you will find you feeling better and better. Thank you, William Lee.

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