



7 Minutes of Magic: Recharge Your Body Each Day with Qi Gong

Lee Holden

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A blend of Eastern movements rooted in qi gong and Western fitness, *7 Minutes of Magic* offers the perfect total workout to dramatically change your energy and fitness levels each day. In the morning, the seven-minute sequence wakes up the body with flowing movements and stretches designed to charge the muscles with energy and focus the mind for the rest of the day. In the evening, the exercises clear stress and calm the mind for sound sleep. Author Lee Holden also provides breathing techniques, nutritional tips, and advice on simple lifestyle changes throughout the day to increase vitality.

Complete with more than 125 step-by-step, black-and white photographs, variations for more targeted workouts, and additional routines for more relaxed weekends, with *7 Minutes of Magic* readers will start feeling their best today.

“By skillfully blending the ancient tenets of Eastern disciplines into our Western lifestyle, *7 Minutes of Magic* gives us the key to a long, healthy, happy life through an enjoyable and accessible fitness program.”
--Nicholas Perricone, bestselling author of *7 Secrets to Health, Beauty and Longevity*

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