

<<电脑人的8分钟健身法>>

图书基本信息

书名：<<电脑人的8分钟健身法>>

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内容概要

Ailments from computer use are on the increase as a result of the explosion in the use of computers throughout the world. What I have endeavoured to do in this book is to concentrate various methods from several Chinese sources to assist in the cure and prevention of ailments from computer use by natural self-help methods. This book brings information to you, the reader, of alternative health remedies to those that you may already be aware of. Although the author does not have any medical training or qualifications, he feels that the information provided in this book will be of positive benefit to those who accept it in the spirit with which it is given. As a gift handed down by the Chinese Qi Gong masters from ancient times. If in doubt as to whether you should use the methods described here, it is recommended that you consult your physician before trying any of the contents of this book. The author and the publisher specifically disclaim liability for any loss or risk incurred by the use or application of any of the contents of this book.

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作者简介

作者：(新西兰)维里塔 (Winiata.T) 编者：郭保卫 Tom Winiata was born in Te Puke, New Zealand and is of Maori descent with tribal affiliations to Te Arawa, Ngati Porou, Tuwharetoa and Ngati Kahungungu. He graduated from Auckland University College with a BSC (Maths) and has worked in the computer field in New Zealand, Australia, England and Germany. He presently alternates his time between his family, computer work, organic farming and writing health books in partnership with Guo Baowei.

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书籍目录

Foreword
The 8 Qi Gong Exercises for Computer Users
The Special Qi Gong Exercises for Computer Users and Arthritis Sufferers
The Special Drinks for Computer Users
The Secret Ways to Good Health
The History of Qi Gong

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章节摘录

插图：

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编辑推荐

《电脑人的8分钟健身法(英文)》由外文出版社出版。

Nomatter howmodern ourcomputers become we still have to workwith bodies designed hundreds of thousands of years ago. For many people mismatch ofbody and technology resultsin pain, discomfort or even cripplingoveruse injuries. In this book Guo Baowei introduces us to a simple, convenientand economical way to deal with theseproblems. His program is based on the Chinesehealth-promoting exercise of Qi Gong which isrelated to the more familiar Taiji. The author, Guo Baowei, makes use of his knowledgeand understanding of the lifeforces and the traditions of Qi Gong and his collaboration withcomputer consultant Tom Winiatato teach a self-guided technique ofexercise for healing ofcomputer-related ailments and forprevention of future problems.

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