



Chinese Medical Qigong

Tianjun Liu

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Qigong is one of the most important aspects of traditional Chinese culture and medicine. In recent years, Qigong therapy has attracted more and more attention from modern medicine and science and is now widely applied in clinical settings to treat illness and promote well-being. "Qigong Study in Chinese Medicine" is the first English translation of the only official textbook of medical Qigong, now in its third edition, used in colleges and universities of traditional Chinese medicine in China. Combining the traditional therapies of Qigong with the most recent outcomes of modern scientific research, it provides an authoritative introduction to the knowledge system and contents of Qigong study. This textbook will be a useful tool for medical students and healthcare professionals interested in complementary and alternative therapies as well as for anyone who would like to learn more about the beneficial medical applications of Qigong.

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