



## **Meridian Exercise for Self-Healing, Book 2: Classified by Common Symptoms (Dahnak, the Way to Perfect Health)**

By Ilchi Lee

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### **Meridian Exercise for Self-Healing, Book 2: Classified by Common Symptoms (Dahnak, the Way to Perfect Health) By Ilchi Lee**

A health guide for modern people, this book contains experiences and techniques taught in actual Dahnak training sessions. Meridian exercise is a health regimen to open acupressure points and facilitate energy circulation. Using pulling and stretching exercises, it increases flexibility of the body to increase natural healing capacity. Presentation of exercises is clear, systematic and easy to follow.

There are exercises to address common complaints including headache, backache, PMS, and shoulder pain, as well as conditions such as diabetes and high blood pressure. Positions are explained in a detailed and friendly manner, and are broken down into a step-by-step explanation. They are easy to follow simply by looking at the pictures.

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# **Meridian Exercise for Self-Healing, Book 2: Classified by Common Symptoms (Dahnhak, the Way to Perfect Health)**

*By Ilchi Lee*

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### **Editorial Review**

#### **From the Publisher**

Look through the table of contents and identify your particular symptoms. Then find the specific corresponding exercises that you can perform to relieve your symptoms. The exercises in this book not only eliminate painful symptoms, but also enhance overall health to aid in prevention of disease.

You may individualize your exercise program according to your particular needs. If you are experiencing specific health issues, it is advisable to consult with a health care professional before proceeding with the training.

#### **From the Author**

For the past 20 years, I have been systemizing and improving Korea's traditional training method, known as Dahnhak to fit the modern lifestyle. Research, clinical testing and practical experience confirm effectiveness of Dahnhak in prevention of disease and degeneration. Dahnhak strengthens the body and its natural healing power by strengthening the fundamental life force. Dahnhak's Meridian exercise is basic Dahnhak training and is a comprehensive health regimen that expands to enrich the spiritual body as well as bringing health to body and mind.

#### **About the Author**

Ilchi Lee is a world-renowned peace activist and spiritual leader. He is the creator of Dahnhak and Brain Respiration, a comprehensive system of physical and mental exercises that seeks to use the energy, or *ki* system of the body to attain spiritual awakening.

Designated as one of the fifty preeminent spiritual leaders of the world, Ilchi Lee gave an opening prayer at the Millennium World Peace Summit of Religious and Spiritual Leaders at the UN in August 2000.

In light of his contributions to the health of her citizens and in recognition of his work as a peace activist, the City of Atlanta proclaimed October 28th, 2001 as *Dr. Ilchi Lee Day*.

Ilchi Lee is currently the chairman of the World Earth Human Alliance and the New Millennium Peace Foundation. Having explored the human brain and written extensively on the topic for the last 20 years, he is also the founder of the Korean Institute of Brain Science, a government sanctioned science research institute.

He is the author of 28 books, including *Healing Society* (Hampton Roads, November, 2000), which reached #1 in Amazon.com overall sales ranking within a month of publication, making it the first Asian-authored book to earn this honor. His other titles include *Brain Respiration*, *Healing Chakra*, *The Twelve Enlightenments for Healing Society*, and *Peaceology*.

### **Users Review**

#### **From reader reviews:**

#### **Donna Jennings:**

Do you one among people who can't read satisfying if the sentence chained within the straightway, hold on guys this particular aren't like that. This Meridian Exercise for Self-Healing, Book 2: Classified by Common

Symptoms (Dahnhak, the Way to Perfect Health) book is readable by simply you who hate the straight word style. You will find the info here are arrange for enjoyable studying experience without leaving possibly decrease the knowledge that want to give to you. The writer associated with Meridian Exercise for Self-Healing, Book 2: Classified by Common Symptoms (Dahnhak, the Way to Perfect Health) content conveys thinking easily to understand by most people. The printed and e-book are not different in the content material but it just different available as it. So , do you even now thinking Meridian Exercise for Self-Healing, Book 2: Classified by Common Symptoms (Dahnhak, the Way to Perfect Health) is not loveable to be your top checklist reading book?

### **Janet Warren:**

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### **Keri Lo:**

This Meridian Exercise for Self-Healing, Book 2: Classified by Common Symptoms (Dahnhak, the Way to Perfect Health) is brand new way for you who has attention to look for some information because it relief your hunger info. Getting deeper you in it getting knowledge more you know or perhaps you who still having bit of digest in reading this Meridian Exercise for Self-Healing, Book 2: Classified by Common Symptoms (Dahnhak, the Way to Perfect Health) can be the light food in your case because the information inside that book is easy to get by simply anyone. These books produce itself in the form that is certainly reachable by anyone, yeah I mean in the e-book type. People who think that in publication form make them feel drowsy even dizzy this reserve is the answer. So there is no in reading a e-book especially this one. You can find actually looking for. It should be here for an individual. So , don't miss the item! Just read this e-book kind for your better life as well as knowledge.

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