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Little, Brown Company, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. Working from the assumption that balancing mind, body and spirit is the key to physical and mental ease and reduction of stress, Rush combines three approaches for complete flexibility: exercises for toning the body, breathing techniques for energy and meditation and visualisation techniques for mental development. Using ideas from many different traditions such as T ai Chi, Chinese medicine, Aikido, Zen, Yoga and massage plus...

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- Authored by Anne Kent Rush
- Released at 2005



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Reviews

This publication is definitely worth buying. It is writter in straightforward words rather than difficult to understand. You are going to like how the writer compose this publication.

-- Dr. Joaquin Klein

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