



# 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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This 7 Minutes of Magic: Recharge Your Body Each Day with Qi Gong is great guide for you because the content which can be full of information for you who else always deal with world and still have to make decision every minute. This book reveal it data accurately using great organize word or we can declare no rambling sentences in it. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only offers you straight forward sentences but tough core information with lovely delivering sentences. Having 7 Minutes of Magic: Recharge Your Body Each Day with Qi Gong in your hand like getting the world in your arm, information in it is not ridiculous one. We can say that no publication that offer you world within ten or fifteen minute right but this publication already do that. So , this is certainly good reading book. Hey Mr. and Mrs. occupied do you still doubt in which?

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