



Yang Sheng: Nurturing Life: Wisdom and Techniques for Longevity (Paperback)

By Jeremy Cornish Lac

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Yang Sheng (Nurturing Life) is an ancient philosophy of achieving wellness and longevity. Yang Sheng techniques include making appropriate food choices (based on season, individual constitution, and nature of illness), meditative exercise (Qi Gong), and utilization of holistic therapies such as acupuncture and herbal medicine. This book explains Yang Sheng, and suggests ways to incorporate the principles into modern living.



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Reviews

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-- **Ms. Donna Parker MD**