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

A health guide for modern people, this book contains experiences and techniques taught in actual Dahnhak 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 Bibliography**

- Sales Rank: #1177741 in Books
- Brand: Brand: Healing Society, Inc.
- Published on: 2003-09
- Original language: English
- Number of items: 1
- Dimensions: .39" h x 7.20" w x 9.14" l, 1.05 pounds
- Binding: Paperback
- 196 pages

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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:**

**Jeanne Pratt:**

The book Meridian Exercise for Self-Healing, Book 2: Classified by Common Symptoms (Dahnhak, the Way to Perfect Health) gives you the sense of being enjoy for your spare time. You can use to make your

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**Jeffery Chavis:**

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**Peter Chatman:**

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