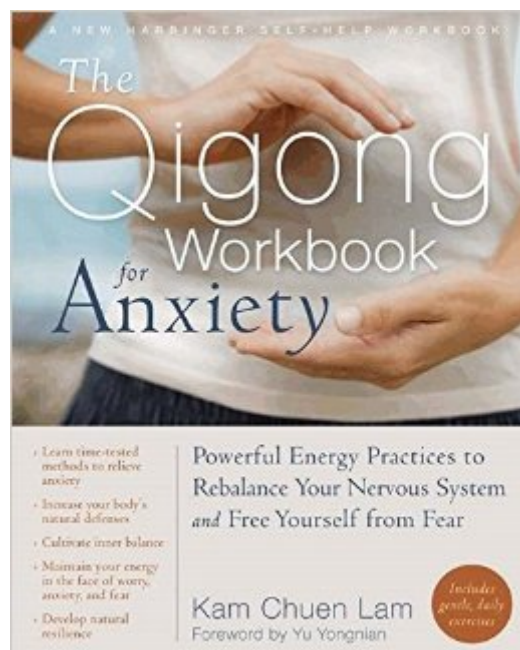


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# The Qigong Workbook For Anxiety: Powerful Energy Practices To Rebalance Your Nervous System And Free Yourself From Fear (New Harbinger Self-Help Workbook)



## Synopsis

We live in a fast-paced, busy world, and many of us are stressed out and anxious as a result. If you suffer from anxiety but have found little relief from modern western treatments, or if you are looking for complimentary treatment, the ancient practice of qigong—which can be understood as the cultivation of internal energy—may offer you relief. Qigong is rooted in Chinese philosophy and medicine, and it utilizes breathing, movement, and awareness exercises to promote healing and aid in meditation. In *The Qigong Workbook for Anxiety*, world-renowned and respected qigong master Kam Chuen Lam presents the first workbook for overcoming anxiety problems utilizing traditional Chinese energy-focusing exercises. By following these simple and accessible step-by-step exercises, readers will learn to transform feelings of anxiety into resilience and inner strength. The workbook also contains helpful illustrations to help you carry out these exercises. In the book, Lam will help you think about anxiety, and yourself, in a different way—as a whole. You’ll also learn to stop resisting moments of anxiety and other strong emotions, but rather to embrace them within the larger flow of your body’s energy field. By doing this, you will ultimately strengthen and cultivate the natural energy you possess. Author Kam Chuen Lam has been a traditional Chinese healer for over forty years, and is an internationally respected authority on the Chinese health systems of Chi Kung and Tai Chi. To find out more, visit [www.lamkamchuen.org](http://www.lamkamchuen.org).

## Book Information

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## Customer Reviews

I accidentally discovered Master Kam Chuen Lam when I found an old VHS of his Stand and be Fit.

I was captured by his enthusiasm and knowledge and his terrific personality that comes across easily. I liked the way he did the video on location in China and above all, I liked the way the simple exercises made me feel. I liked the energy they gave me and the strength I felt. And so, when I discovered he had a new book and it was on a topic I have a good deal of interest in, anxiety, I wanted badly to read it and apply it to my daily life. In the past I would try to avoid thinking about things that made me anxious or troubled. But Master Lam teaches a very different approach. He writes: "In the ancient tradition of qigong, which is a way of working with all forms of energy, trying to avoid our actual experience is not considered healthy. Whatever we are experiencing is part of the total energetic field, both around us and in us. The more we are open to it, the more power we can draw from it." And so, I started to allow the feelings to do their worst. I found, as a result, they would diminish as I stood like a tree and did the other simple energy producing exercises he teaches in the book. The Qigong exercises are a form of Zhan Zhuang which means "standing like a tree" and is roughly pronounced "Jan Juang", or, in southern China, "Jam Jong". This is the method he teaches in his video "Stand Still and Be Fit" (1995) and the one that is helping me so much. It's now on YouTube if you'd like to view it. And it's a form he teaches in this book. In the current book, however, many of the exercises are done sitting rather than standing.

I hadn't yet written a review, because I haven't been reading the book straight from start to finish, so technically I'm not "done" yet. But I love it! I have others of Master Lam's books, have been doing qigong shibashi virtually daily for almost two years and zhan zhuang and ba duan jin for about 18-20 months. This daily practice has revolutionized my life, helping me improve my physical and psychological health beyond my wildest expectations; I won't say more because words are inadequate to express my gratitude and I tend to get tangled up trying to say all I'd love to say on the subject. I'm a certified yoga teacher and have studied yoga and Buddhism and the work of contemporary spiritual teachers for over 40 years and with great affection and no disrespect whatsoever, never got as much out of them as from the two years invested in what I affectionately call "my Chinese exercises." But the Qigong Workbook is important to me because it helped me bridge a disconnect between designated practice periods and the rest of my life. When I got it, I was still rather anxious and stressed-out in everyday life, and Master Lam and Professor Yu have provided simple, unobtrusive exercises that little by little are freeing me from those mindsets and behaviors—a lifetime of bad habits really. I'm now confident that I have the tools to center myself and "bring myself down" when even life's most trivial annoyances threaten my well-being, which happens less and less the more I use them and am getting through more serious problems with an

equanimity I never thought would be possible for me back when I saw myself as one of those sad people who just couldn't meditate.

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