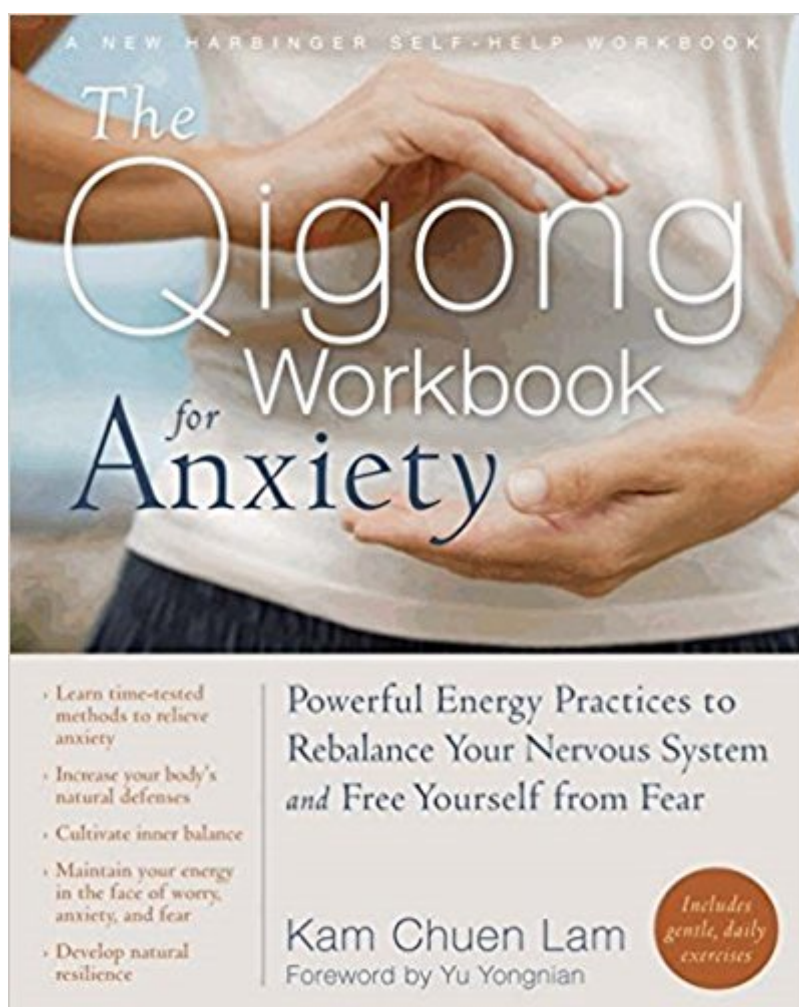


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# The Qigong Workbook For Anxiety: Powerful Energy Practices To Rebalance Your Nervous System And Free Yourself From Fear (New Harbinger Self-Help Workbook)





## 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 will 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

Master Kam Chuen Lam's workbook is a valuable resource for anyone dealing

with anxiety, worry, or stress. The ancient healing exercises he shares from decades of experience are presented in a format that is easy to understand, learn, and practice. Having worked with some of these exercises I can personally say they cultivate more peace, calm, and body awareness. This is a book I will be recommending to many of my clients for years to come!

—Tahir Bhatti, MD, wellness physician, director of Integrative Holistic Services, and associate clinical professor in the department of psychology at the University of California, San Diego

—Stand, be still, and master anxiety. Master Kam Chuen Lam's highly-engaging The Qigong Workbook for Anxiety is a gift for anyone struggling with fear.

—Gary Lopes Cunha, LMFT, LPCC, outpatient psychiatry clinician for Kaiser Permanente in Northern California

In a world where everyone experiences stress and worry, what a gift it is to read The Qigong Workbook for Anxiety. Master Kam Chuen Lam introduces readers to the ancient tradition of qigong in a friendly and accessible way. He teaches simple yet potent methods for relaxing both physical and emotional tension. His instructions are revolutionary in that he encourages us not to reject feelings of anxiety. Instead, by practicing these qigong exercises we become aware of our greater energy field and learn how to regulate our nervous system even when tension arises. This book is for anyone who wants to tap into their inner strength and live a calmer, healthier life.

—Amy Conway, MPH, senior managerial consultant for Kaiser Permanente in Northern California

Having worked for over thirty years in a busy and demanding dental practice, I am no stranger to stress at work. I can, without hesitation, attribute my current well-being largely to my daily practice and enjoyment of qigong. Being calm as a practitioner, I am able to bring harmony to the way I run my practice and patients enjoy the peaceful atmosphere. I strongly believe that Master Kam Chuen Lam's unique lineage, wisdom, and extensive knowledge [make this book] a must-have for all busy and stressed professionals who also want to remain truly healthy whilst having to endure daily challenges at work and home.

—Thye Yeoh, qigong student and dental practitioner in the UK

Do not let the simplicity of the exercises in this book fool you. ... I work as the compliance director of a major financial firm in London; a highly stressful job; and I can vouch from my own experience for the profundity of these exercises and the enormous wisdom of Master Kam Chuen Lam's teaching.

—Charles Beck, qigong student and director of compliance, London, UK

Anxiety is part of the "broken brain" syndrome that millions of Americans suffer from. Conventional medicine can mask the symptoms, but it doesn't tackle the root cause. That's what the total mind-body system of qigong does. In this groundbreaking workbook, Master Kam Chuen Lam shows us how to use our own life-force energy to lift our minds and bodies to a

new level of wellness. Open this book to any page and you'll find it's one of the most practical, helpful, and friendly guidebooks to your own well-being you can imagine. — Mark Hyman, MD, author of the #1 New York Times bestseller, *The Blood Sugar Solution*; True health is more than exercise and good nutrition. It includes peace of mind. Those who possess it glow and seem to have access to a wellspring of pure energy. If you've ever wondered how to become such a person, qigong Master Kam Chuen Lam can guide you there. — Susan Piver, founder of the Open Heart Project; Qigong combines two approaches to treating anxiety that are known to work: exercise and mindfulness. This highly accessible and readable workbook should help many more people enjoy the benefits of qigong. — Elizabeth Murray, general practitioner and professor of emergency health and primary care at the University of London, UK; This book comes at the right time. More than ever, employees and managers are struggling to keep up with the ever-increasing speed and constantly rising demands of business life. The ensuing stress and burnout is literally killing people. Western approaches to dealing with the resulting issues have reached their limits. Master Kam Chuen Lam's workbook is addressing the root cause— anxiety—in a new way. It is based on age-old Chinese wisdom and Lam's own life's work devoted to the study of human energy. I highly recommend it to everyone who wants to be successful in the long run. — Thomas Apfel, corporate account manager at IBM

Master Kam Chuen Lam has been a traditional Chinese healer for over forty years. He is also an internationally respected authority in the Chinese health systems of qigong and tai chi. He has produced over ten titles in these subjects and they have been sold across the world in over seventeen languages. Grandmaster Yu Yongnian wrote the foreword to this workbook months before his death at age 94. He was the world's leading authority on the rare qigong system known as 'standing like a tree'. As a medical doctor trained in Western medicine, he brought the health benefits of this ancient system into hospitals and clinics throughout China. He was a member of China's National Qigong Research Council and was a consultant to the American-Chinese Qigong Research Group. He was also a consultant to the Da Cheng Chuan Zhan Zhuang Chi Kung Research Groups (Europe). Professor Yu travelled and taught in both Asian and European countries. He supervised the production of Master Kam Chuen Lam's first book, *The Way of Energy*, and appears in both *The Way of Power* and its companion video in a rare demonstration of his teaching methods and power. He

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 of 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. I admit to not doing the worksheets very much, so I kind of wish there were a pocket version without them, but I do keep the Kindle version on my iPhone so I can refer to it any time I feel the need, which is less and less as the exercises become more familiar and my anxiety lessens. I've got both Kindle and pb versions myself and am giving copies to two of my best friends for Christmas this year because I can't think of a better, more loving gift, whether or not they come to love and value it as much as I do or not. It's an invaluable, worthwhile investment even if you've never done "Chinese exercises," yoga or studied any Eastern philosophy, and certainly contains nothing that would conflict with or undermine any religion. It's solely about relaxation and relief from stress and anxiety. I can't recommend it too highly.

I've only been doing Qigong for a very little while, about a year. More I do, more I learn, more I love, more I realize that is what was missing, for me personally. The "Qigong Workbook for Anxiety" by Master Kam Chuen Lam, I'd have to say, this workbook more than anything else has helped me learn to value Qigong so very deeply. At first glance, it appears rather "simple" and not much in there, but that is incorrect assumption! It's like a journal, with spaces you must write in along the way. And it's art: beautiful Chinese pictorial character writing in brush-strokes (so gorgeous!) of the

given term, with an explanation of the meaning. For example, paraphrasing:Quote"Qi", the top of the ideogram represents a cooking pot. Under are the 4 strokes that symbolize Fire. The pot is filled with boiling Water and Steam is rising from it. Steam is capable of powering engines...in the human being it takes the form of personal power..."So I have fallen in love with QiGong, there's so much more to it than meets the eye! This interesting Zhan Zhuang Qigong method was passed down from Grand Master Wang Xiang Zhai who apparently is one of the guys who first shared the ancient art with the common public. This book touches my heart profoundly and now treasured in my heart! It's been invaluable as a missing piece of my own personal healing, it's become part of me now, and my future Nurse-Herbalist practice for sure to be shared with my clients!Really works for me whenever I don't like what's in the news of the day!

Loved this...practical easy exercises to do anywhere or he has ones targeted for workplaces and 3 am....that's what I needed as I don't always sleep well.

Okay, just not what I thought it was. Please read and check it out yourself to decide.

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 You Tube 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.This new work is in a workbook format

so that you can follow the exercises illustrated in the book and record your own progress over time. It is very interactive and unique to your needs. With this book, you will learn to relate yourself and your anxiety in a manner very different from the familiar western perspective. You will also learn to recognize your inner resistance to those moments of anxiety and other overwhelming emotions. Master Kam Chuen Lam has been a traditional Chinese healer for over forty years. He is also an internationally respected authority in the Chinese health systems of qigong and tai chi. He has produced over ten titles on these subjects and they have been sold across the world in over 17 languages. In these wonderful, empowering exercises you'll learn to turn feelings of anxiety into resilience and inner strength. The workbook also contains illustrations to help you easily do the exercises. Anyone can do them. They require no equipment and are simple to learn and put into action immediately. The author has incredibly effective communications skills and writes in an easy flowing style that makes reading a pleasure. And it makes learning very easy and even fun. There are many forms of qigong. This method was taught to Master Lam by his Master, Professor Yu. Master Lam says in the book, "The fundamental practice of wu ji is to align yourself, normally in a standing position, so that your body is centered, well-balanced, and upright -- and to remain in that position, without moving, while you progressively relax all your muscle groups, until the flow of energy within you and around you gives you what might be called a complete energy bath." He then goes on to show you how to practice wu ji. Wuji (pinyin) or Wu Chi (Wade-Giles) is an important component of Taoist cosmology. It is the Chinese word used to point to the unmanifest aspect of Tao, or Tao-in-stillness. It is this stillness that allows the nervous system to calm down and for you to regain your peace of mind and empowerment. "Standing still in wu ji helps calm your nervous system. This process of relaxation is vital to your health and well-being. If your nervous system is agitated, the flow of energy throughout your body is seriously impeded. As you stand in wu ji, follow the following inner relaxation sequence." He then describes the method for you. He adds: "Inner relaxation is the secret of all health and well-being. As you practice the postures and movements in this book, your inner work is to relax -- whether you are standing still or moving. You can then carry this inner relaxation with you throughout your day, whatever you are doing." But, there is more in the book than exercises. The book is a complete guide to overcoming fear and anxiety and you'll discover how to use your senses to help you become calm and centered and deal with your fears and anxieties. You'll learn to use your sense of smell, vision and hearing. You'll also learn how to take tea in a way that will have a calming effect. You'll read: "So what should you do if you want to use the power of taste in an intelligent way and not succumb to the unhealthy eating habits of the modern world? There is an ancient tradition - famous in China, but also enjoyed throughout the rest



of the world - that I highly recommend: drinking tea. Drinking a cup of tea is a way of engaging all our senses in a sophisticated way. There's the shimmering surface of the tea in the cup, the aroma that arises from the steaming tea, the delightful sound of the tea being poured from the pot into the cup, the warmth of the cup in your hands, and the taste of the tea itself. Every culture has its own version of a tea ceremony. Whether it is in a Middle Eastern market, a stately home in Europe, a Japanese teahouse, an Indian garden, or a Western restaurant, tea works its magic."There's so much more in the book than I'd expected. It even gives you a daily schedule that will help you win the battle over fear and anxiety. It's truly a book of healing. It is also, however, a book of empowerment whether you suffer from anxiety or not. And do not be misled by the use of the word Qigong. Qigong simply means Life Energy Cultivation. It has its roots in Chinese medicine and while there are forms of martial arts Qigong, this is not that sort of Qigong. These are gentle exercises that result in calming, rooting, peace and inner happiness. They give you release from your fears and anxieties. They are proven to work. They've worked for thousands of years and some say it was passed on in secret transmission in China. While the exercises are calming and healing, there's more to them. Contrary to the most common notion of cardiovascular exercise necessitating vigorous movement, it is said that zhan zhuang confers significant physical conditioning. Postures used vary among martial arts and styles, with many schools using postures according to their own traditional forms (though the basic structure and principles of zhan zhuang practice largely do not vary). The type used in this book are healing and give energy. Do these exercises work? They do for me. The Tao Te Ching, penned by the beloved Laozi, says, "By standing alone and unchanging, you will find that everything comes to you and the energy of the cosmos will never be exhausted." The Taoist philosopher Zhuangzi tells us that the sages of old were "still and unmoved . . . Their breathing came deep and silent." Their "minds were free from all disturbance . . . forgetting everything." They were "open to everything and forgot all fear of death." Highly recommended.--

Susanna K. Hutcheson Health & Fitness Researcher

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