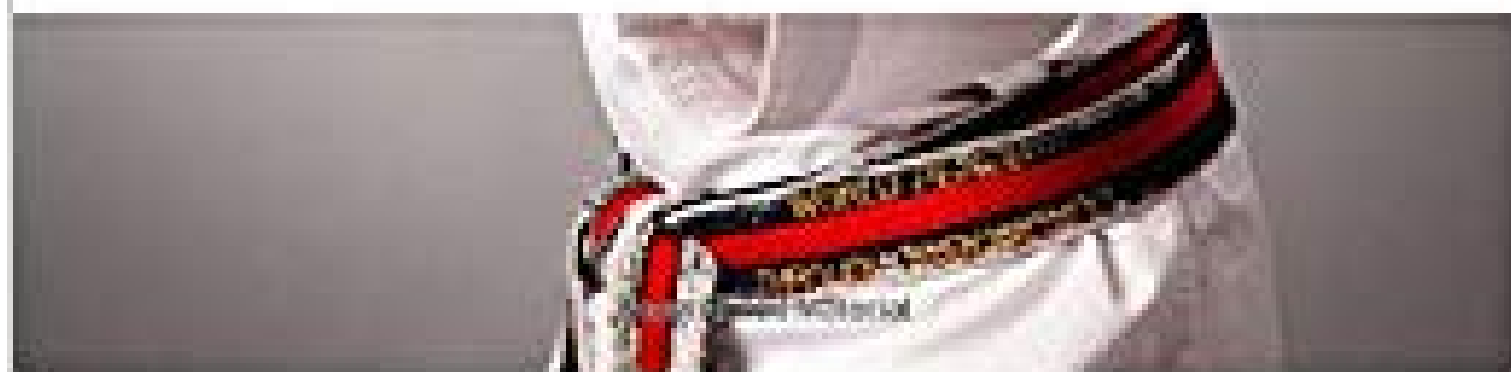


# 108 Years A Korean Way of Health

Grandmaster Young Ahn Kwon  
Lloyd Sparks, MD



Young Ahn Kwon and  
108 Years: A Korean Way of Health



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This book is a unique work, a martial arts-based Korean health system. It is a book about taking care of ourselves. Your health is normally your responsibility; We can not trust the federal government or private industry to guarantee health to everyone. Conversely, there is no illness that will not affect us all, either. There is absolutely no individual health that will not affect the health of everyone else. The writer, a Taekwondo grandmaster and acupuncturist, makes the argument that people are all connected, and we should take care of others along with ourselves. It comes from within you. Little thoughts and activities matter. All joy and health start with mental attitude. From that come right actions through the instruction of smart teachers which bloom into health-supporting habits that lead to happiness and fitness long into later years. The author's recommended actions are very basic and very small. So does joy.



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One more thing I had hardly ever read about before are easy exercises that you can do in bed before getting up when gravity requires a hold of the body for your day. Grandmaster Kwon may be the "medicine man", and it displays in this book. Not your average health book, this is a worthwhile read for anybody at any age. Ideal for anybody at any age group! It includes simple yet extremely effective tools for living a wholesome life, many of which you probably haven't find out about. 108 Years: A Korean Method of Health is a Life Changing Book! "108 Years" helps fill up the void with small actions you can take at home, without spending money on equipment, fitness center memberships, or exercise applications, which will have a "super plus" impact on your life. For instance, the colour food "diet" is unconventional, but simple and incredibly effective. Simple methods for health that you almost certainly have not heard about! His FIGHTING TECHNIQUES and Healing capabilities are just surpassed by his kindness, generousness, and Humility. I carry this reserve around with me in my own computer bag, and sometimes consider it out to provide some solutions when family, friends, or co-employees have concern such as problems falling asleep. I am hoping the info in this reserve catches on and lots of folks begin getting the benefits to help improve their lives and decrease dependence on the the costly health care system that people have today! I've added the colour diet plan to my dietary regiment and found it an easy task to follow. Grandmaster Kwon shows us that health and happiness and the practice of taking care of ourselves among others, are in or instant control. Straightforward and basic strategy for existence, health and over all well-being! You don't need an interest in fighting techniques to reap the benefits of this book. Additionally, for me, it creates me re-examine my overall dietary chooses when not on a color cycle. I can see and feel the benefits! Adoption of the first morning stretching and warm up before getting out of bed reduces the consequences of the typical morning hours aches and pains anyone over fifty can attest to... Thank you, Grand Get better at Kwon! It's really all three, and more. The author understands that big changes are difficult and take a lot of effort, so he has you perform these little things that may soon add up to better health, both actually, and mentally. !Thank you Grandmaster Kwon!. Review of 108Years: A Korean Way, This is an excellent book It requires more practical excercises in it, i.e. Great book! instructions, however the text is great. I can confidently and proudly state that through Taekwondo and reading this Amazing book, i have given my family "SOMETHING SPECIAL OF HEALTH". Plenty of good details! If you need some tips and testimonies to get on track with existence, this is actually the right book! About entire book have become interesting Amazing lifestyle history and incredibly health style life We'm learning a lot and We'm very proud to be meeting this great man Buy this book! Buy this book. Right now. I'll wait around.. In this book, the writer asks "little things" of the reader.... Little things to do when you brush your teeth or stand in the shower. It's not exactly a self-help reserve, nor is it a diet book. or an exercise book. A typical book in any of the genres described will ask readers to make drastic changes in their lives.. And these little things add up to big improvements. ok, now that you've bought the book, I'll tell you what to expect while you wait around for it to arrive. Also prominent in the publication is the need for family ideals and personal integrity. The book is clearly written and enjoyable to read, with anecdotes from the authors and inspiring messages from Grandmaster Kwon's students. Grandmaster is a title given to those holding the best two black belt degrees in his design of Taekwondo (Globe Taekwondo style, that is the style acknowledged by the Olympics). I've added the color diet plan to my dietary regiment and found it an easy task to follow. "Watching small things in day to day routine makes big difference". I strongly recommend this book for almost all age groups because Grandmaster Kwon emphasises on "By following small points inside our daily lives make big difference". His terms are so true. Me

personally and my family are getting trained and associated with this Prestigious school in Boston for days gone by 5+ years. We are so proud to say that Grandmaster Kwon has changed just how of our lives through Taekwondo (Physical and Mental wellbeing). He is standing for example to all or any the generations. Great stuff! If what you have been reading and hearing about for a long time about diet and exercise isn't working, it's because the typical descriptions of what you ought to be carrying out are incomplete, only encompass elements of your day, or only function for people who can make time to go to the gym. And now, with this basic and extremely relevant reserve as a reference, I have a go-to guide within my fingertips. I recommend this reserve to anyone who wants a daily plan and a plan for life. Each day. By integrating seemingly small and basic procedures, we gain immense benefits. This an excellent book with amazing tips about living a healthy and positive life. -Dana Great book Great book, a must read. Great book! Browse this book instantly if you want to be your very best self. Learn from a living legend! Grand Get better at Kwon is an incredible instructor. -Go buy the book and keep on your journey- Grasp Sal and Sabomnim Angela Great book for anyone at any age! Easy to read and digest. Grandmaster Kwon is a living legend in our opinion. Once you have browse this book and have the essentials, you will see a depth to these methods and begin developing your own strategies that do the job. He makes things very basic, but if you do the homework, listen to your body, and read between the lines you discover a deep indicating to all he does and says. He desires us all to reach for a healthy longevity through daily self-discipline, both physically and mental, and not look or teach for short term health or gain. Existence could be a long pastime and he helps guidebook us on how to play! This book embodies how he teaches. Practicing taekwondo with Grandmaster Kwon has changed my life. He offers been teaching TkD for more than 45 years and is a very respected number in the TKD globe. As somebody who knows Grandmaster Kwon personally, I can claim that he truly lives this way of existence. He not only preaches it but comes after it religiously. He's an incredible role model for anyone at any age.



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