

A portrait of Tian Yong, a woman with long, dark, wavy hair, smiling. She is wearing an orange garment with a dark, patterned collar. The background is a plain, light-colored wall.

Brian N. Cox and Tian Yong

The Ancient Chinese Art of Anti-Aging

Extending Quality of Life

(Author Tian Yong at age 62)

Brian N. Cox and

THE ANCIENT CHINESE ART OF ANTI-AGING: EXTENDING QUALITY OF LIFE



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Best of all, there is no restrictive diet, no strenuous exercise, virtually no time eating requirements, and as you progress, you will feel better, look better and also take advantage of the last twenty years you will ever have, instead of debilitation, illness, pain and needing a caregiver.e.no drugs, supplements, lotions, potions, hormones, etc. Everything you do for fun, pleasure and sports in your forties, you should be able to do in your seventies and beyond. It should take many changes in lifestyle, but nothing that causes tension, great inconvenience or unacceptable restrictions to your life..., good health into your latter years., none of which will cause you to look more youthful or live longer in good health (simply make some people wealthy).Although looking young, much longer, is a byproduct of the Chinese art, its main purpose is to extend quality of life into old age (EQOL), i. This historic art is all natural. The main way to obtain information in this reserve is Grand Get better at Tian Yong, a woman who is sixty-two at the time of writing and is often mistaken for a female in her twenties. She doesn't really value youthful appearance as her main concern is living in good health and fitness to the finish of her days.



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Great book I really liked this book. Some simple assistance, but I ... Nothing revelatory here. Some simple advice, but I think a bit challenging to check out all the procedures in my daily life. Good read!Nothing revelatory here. The writer explains things perfectly. I sensed like I was hearing a pal, very informative. Based on his wife's program, the photo of Mind appears fantastic at age group 78! Thank you EQOL IS WHAT WE AND OUR FAMILY MEMBERS NEED This book is quite basic and easy to follow and has great advice.Still for the persons ready to comply consistently with her whole routine and strategies, I am certain great results can be their prize.!.S. SUCCINCT, WELL-ORGANIZED INFO This book is filled with information and presented in a concise format.. Great read! Good Book Easy to read and easy to implement. Good sense throughout. Still, it obviously works for them, and may well work for anyone dedicated enough to follow through with everything. Worthwhile and Revealing, but.. Easy to make reference to specific info such as the morning exercizes. I would recommend this reserve to anyone who wants to line healthy and content. I borrowed it through Amazon's program that allows people to borrow certain books to read without buying of the examine to determine whether one wants to choose the book.Anti-aging is a subject close to my heart because I wish to avoid the negative physical aspects of ageing. While I am not really opposed to well researched medicines with small to no side effects to aide me in attaining my healthful, strong and energetic maturing profile, I much prefer natural routines and medicines being within their rightful place in this process.. No nonsense and readable and implement changes to a wholesome daily life.last resort.This book by Brian Cox is a well written account of his wife's health and longevity lifestyle that she was created into in the region of China she actually is from. Based on her photo taken in her early sixties (62) that Brian assures is not retouched in anyhow, it is clear what she actually is doing is operating like gangbusters. I would recommend this book to anyone who would like to line healthy and happy. I currently do some of the guidelines in her system per the exercise routines advised, I currently do body weight exercises, a "standing" system of the Chinese Qigong (Chee Gong) energy exercise and recently implemented Pranayama, the ancient Eastern Indian yoga system of fueling the body with energy through various breathing exercises. If he previously not exposed his age, you'll not guess he is in his late 70's at the time reserve was released. But I admit I would find her full system too confining to apply to suit my taste. Many of us learn how to live correctly we just don't, and we'll pay ultimately, but if we follow just some of issues in this publication I think we are alright, great job! I will look into more books written by Brian because I am therefore impressed with that one.P.! I discover myself heading back to it often. I also consider some well researched nutrition.. Disclosure: I did so not purchase this publication. No nonsense and readable and implement adjustments to a healthy daily life.While I am extremely impressed with the results this systems apparently provides, I will not implement it fully because I think it is too strict something to function into my lifestyle. Bravo Loved loved ,the insight, the honesty,BRAVO!



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