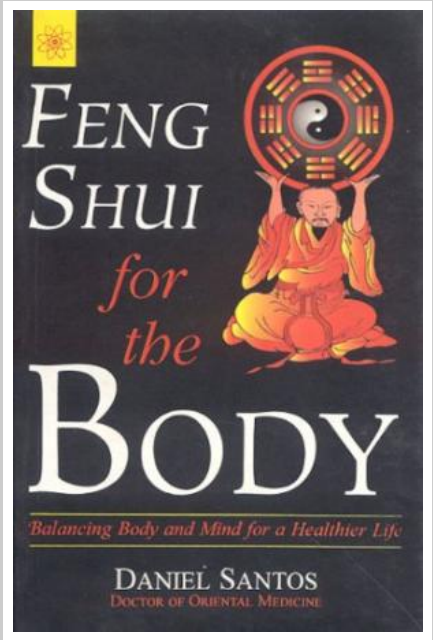


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Feng Shui for the Body: Balancing Body and Mind for a Healthier Life

By Daniel Santos

New Age Books/Motilal Banarsidass Publishers Pvt. Ltd, New Delhi, India, 2002. Paperback. Book Condition: New. Dust Jacket Condition: New. Reprint. This breakthrough book applies the principles of Feng Shui, the ancient Chinese art of energy flow, to the most intimate house we inhabit--the human body. Daniel Santos shows us how to use the "Four Motions"--body movement, breath, eye movement, and sound--to maximize the flow of healthful life energy. Postures, simple exercises, and innovative meditations, as well as a fascinating story of personal discovery, offer fresh insights into body-mind healing. Printed Pages: 252.

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