

The Essential Qigong Training Course: 100 Days to Increase Energy, Physical Health and Spiritual Well-Being

By Ken Cohen

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Editorial Review

About the Author
Ken Cohen (Gao Han) is the Executive Director and founder of the Qigong Research & Practice Center. He is a world-renowned health educator, China scholar, and Qigong Master with more than thirty years experience. A former collaborator with Alan Watts, he is the author of the internationally acclaimed book, The Way of Qigong: The Art and Science of Chinese Energy Healing, best-selling self-healing audio and video courses, and more than 150 journal articles. His work has been translated into Chinese and numerous European languages. Professor Cohen is a leader in the dialogue between ancient wisdom and modern science. He was able to demonstrate unusual physiological control as one of 9 "exceptional healers" studied in the Menninger Clinic's Copper Wall Project. He has lectured at medical schools, scientific conferences, and numerous universities and is an Adjunct Professor at Union Institute Graduate School. His work has been featured in USA Today, Newsweek, Time, Bottom Line, and National Public Radio. He has taught more than 30,000 students.

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