

Live Well Live Long: Teachings from the Chinese Nourishment of Life Tradition and Modern Research

By Peter Deadman

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Live Well Live Long: Teachings from the Chinese Nourishment of Life Tradition explores the wonderful Chinese tradition of nourishing life (yangsheng) and applies it to modern life. Continuously developed over more than 25 centuries, yangsheng serves as a workshop manual for the care of the human body, mind, and spirit. Its teachings can help us improve our health and lengthen our lives through cultivating the mind, emotions, diet, exercise, sleep, sexual behavior and much more. In addition to the traditional topics covered in yangsheng teachings, concern for social, global, and planetary health in the modern age demands the application of the wise principles of the yangsheng tradition to issues as varied as social justice, education, modern childbirth, climate change and environmental degradation, and agricultural sustainability. All of these topics are covered in this meticulously researched book.

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Editorial Review

About the Author
Peter Deadman studied acupuncture and Chinese herbal medicine in England and China, and for the past 20 years has been in private practice in Brighton, England. In 1979 he founded The Journal of Chinese Medicine which he edits, writes for, and publishes. He has also been a teacher of acupuncture and Chinese medicine, and has lectured widely throughout the United Kingdom, Europe, Israel, Australia, and the United States.

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