



The Way of Walking

*Eastern Strategies
for Vitality, Longevity,
and Peace of Mind*

Jacques MoraMarco,
O.M.D.,
and Rick Benzel, M.A.

Way Of Walking Eastern Strategies For Vitality Longevity And Peace Of Mind

Jacques MoraMarco, Rick Benzel



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The Way of Walking Jacques MoraMarco, Rick Benzel, 2000 Walking is the most popular exercise in the world Here Jacques MoraMarco infuses walking with an Eastern holistic approach to fitness He encourages people to walk to reduce stress increase vitality and become more balanced and centered He also introduces the concepts of chi and different ways of breathing Although this way of walking offers a very gentle workout the method will produce noticeable results in improved energy levels physical fitness and mental well being Walking is a simple inexpensive and injury free form of exercise suitable for people of all ages and fitness levels Millions of people walk for exercise every day in the park down the street or at the local shopping mall Unlike other walking titles *The Way of Walking* demonstrates how to enhance every walk by incorporating Eastern health practices Jacques MoraMarco is an established authority on Chinese health and martial arts

The British National Bibliography Arthur James Wells, 2002 *Walking Your Way to Vitality in 7 Weeks* Jacques MoraMarco, Yun Kim, 2026-01-27 Discover the transformative power of walking in this groundbreaking guide that merges ancient Eastern wisdom with modern wellness practices Are you ready to revolutionize your daily stroll *Walking Your Way to Vitality* introduces a fresh perspective on the world's most accessible form of exercise Drawing from decades of experience in East Asian medicine and healthcare the authors present six unique walking styles rooted in the time honored concepts of qi prana tai chi chi gong and yoga This innovative book offers In depth exploration of traditional walking techniques Week by week instruction on six distinctive walking styles QR codes linking to demonstrative videos Insights into the ancient Eastern principles behind each technique Scientific explanations of how these walks benefit your health More than just a fitness guide this book taps into the growing trends of mindful movement breathwork and holistic wellness Whether you're a casual walker or a dedicated health enthusiast you'll find new ways to invigorate your daily routine improve your physical health and calm your mind Transform your simple stroll into a powerful tool for vitality longevity and inner peace With *Walking Your Way to Vitality* every step becomes a journey towards a healthier more balanced you *American Book Publishing Record* R.R. Bowker Company, 1978 *Forthcoming Books* Rose Arny, 2000 *Best Life* , 2007-11 *Best Life* magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life **Popular Mechanics** , 2000-01 *Popular Mechanics* inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle *Bulletin of the Atomic Scientists* , 1970-12 *The Bulletin of the Atomic Scientists* is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin's iconic Doomsday Clock stimulates solutions for a safer world

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