



The Book of Internal Exercises

Stephen Thomas Chang

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The Ancient Sages who devised these exercises more than 6,000 years ago were very practical people: if something worked well, they used it; if it did not, it was discarded. A practical and immediately useable aid in the art of self-healing, the Internal Exercises are designed to energize the entire body, to balance the energy level, and to promote a more effective functioning of the internal organs. There are even exercises for approximately 30 common ailments, including headaches, colds, heart disease, arthritis, and cancer. Learn how to regulate your health in accordance with the natural laws.

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