



# 100 Days to Better Health, Good Sex & Long Life: A guide to Taoist Yoga & Chi Kung

By Eric Yudelove

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## **100 Days to Better Health, Good Sex & Long Life: A guide to Taoist Yoga & Chi Kung** By Eric Yudelove

What do you want in life? If you think about it, no matter how you answered that question, chances are you wouldn't be able to achieve anything without your health.

Eric Steven Yudelove has been studying Taoist practices for over 30 years. Now he shares how you can use these ancient techniques for better health, increased longevity and incredible sex in *100 Days to Better Health, Good Sex & Long Life*.

Note that this takes only 100 days. That means you need to spend only 15 minutes a day for a mere 14 weeks to make dramatic changes in your life. And you're worth it!

*100 Days to Better Health, Good Sex & Long Life* is a complete course in Taoist Yoga and the movement of the energy (*Chi*) of the body using the techniques known as *Chi Kung*. These simple exercises, available for the first time to most Westerners, are as powerful as they are ancient. They include secrets that will let you:

- Prolong sexual pleasure
- Increase the flow of energy between you and your sexual partner
- Become stronger and more flexible
- Detoxify your organs and glands
- Improve your memory and concentration abilities
- Tone and beautify your face
- Strengthen your immune system
- Improve stamina
- Improve your vision, hearing, smell, and digestion
- Learn how to do the Macrocosmic Orbit technique

Packed with over 200 illustrations, *100 Days to Better Health, Good Sex & Long Life* is the perfect guide for both beginners and those knowledgeable in Eastern spirituality. The book includes 14 weekly lessons that take just 15 minutes per

day. Each week you will learn exercises for the Three Treasures of Taoism: *Chi*, *Jing*, *Shen* ? or breath, body, and mind. With a focus on breathing, exercise, and visualization, this 100-day program is an accessible way for you to make positive changes.

Let the ancient secrets of the Taoists start you on the path to better health, good sex, and a long life. Get this book today.

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### **Editorial Review**

#### **About the Author**

Eric Yudelove has studied Taoist practices since 1970. In 1981, he was one of the first American students chosen to study with Mantak Chia, the authentic Tao Master who had recently emigrated to the US from Thailand. In 1983, he became one of the original Certified Instructors for the Healing Tao. Since then he has continued to teach, write about the study of Chi Kung, Tai Chi, Taoist meditation, and the long held secret practices of Taoist Internal Alchemy and Taoist Sexual Yoga. In 1997, he was awarded Senior Instructor status from the Mantak Chia's International Healing Tao.

Yudelove's third title for Llewellyn, Taoist Yoga and Sexual Energy, uses the same three-pronged approach first presented in his title 100 Days To Better Health, Good Sex & Long Life? 100 days, or 14 weeks, of lessons on the Three Treasures of Taoist Yoga: Chi (breath), Jing (body), and Shen (mind). Where 100 Days... used introductory lessons, Taoist Yoga and Sexual Energy continues to more advanced practices and lessons.

### **Users Review**

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