

<<中国心>>

图书基本信息

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内容概要

Depressed ?

Want to lose weight ?

Suffer from insomnia ?

Annoyed by frequent ailments ?

Desire improved sexual ability ?

You can find helpful solutions to these problems in *The Chinese Heart: Chinese Medicine and Stress Management*, a beautifully illustrated book that introduces the wisdom of Traditional Chinese Medicine (TCM). The author presents TCM theory in the most reader-friendly way "to give maximum access to any reader assuming no previous knowledge of Chinese whatever." Chinese ideograms and their interesting etymology are illustrated in the book. Believing with "I-horeau that" anything living is easily and naturally expressed in popular language, "the author communicates scholarship with crisp narrative and sometimes playful spirit.

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