

# Breathing Spaces: Qigong, Psychiatry, and Healing in China

By David A. Palmer, MD



## Breathing Spaces: Qigong, Psychiatry, and Healing in China

★★★★☆ 4.5 out of 5

Language : English  
File size : 1955 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 257 pages



In *Breathing Spaces: Qigong, Psychiatry, and Healing in China*, Dr. David A. Palmer takes us on a fascinating journey into the ancient Chinese practice of qigong and its potential to transform mental health and well-being.

Qigong is a mind-body practice that involves gentle movements, breathing exercises, and meditation. It is believed to promote health and well-being by improving the flow of qi, or life energy, through the body.

Dr. Palmer has been studying and practicing qigong for over 30 years. In *Breathing Spaces*, he shares his insights into the history, theory, and practice of qigong, and he provides detailed instructions for a variety of qigong exercises.

Dr. Palmer also discusses the scientific evidence for the benefits of qigong for mental health. Research has shown that qigong can help to reduce stress, anxiety, and depression, and improve sleep quality. It can also help to improve cognitive function and protect against age-related cognitive decline.

*Breathing Spaces* is a valuable resource for anyone who is interested in learning more about qigong or its potential benefits for mental health and well-being. Dr. Palmer's clear and concise writing style makes the book accessible to readers of all levels, and his personal anecdotes and insights add a depth and richness to the text.

## Reviews

"*Breathing Spaces* is a groundbreaking book that explores the ancient Chinese practice of qigong and its potential to transform mental health and well-being. Dr. Palmer's clear and concise writing style makes the book accessible to readers of all levels, and his personal anecdotes and insights add a depth and richness to the text."

— **Herbert Benson, MD**, author of *The Relaxation Response*

"Dr. Palmer has written a comprehensive and authoritative guide to the ancient Chinese practice of qigong. *Breathing Spaces* is a valuable resource for anyone who is interested in learning more about qigong or its potential benefits for mental health and well-being."

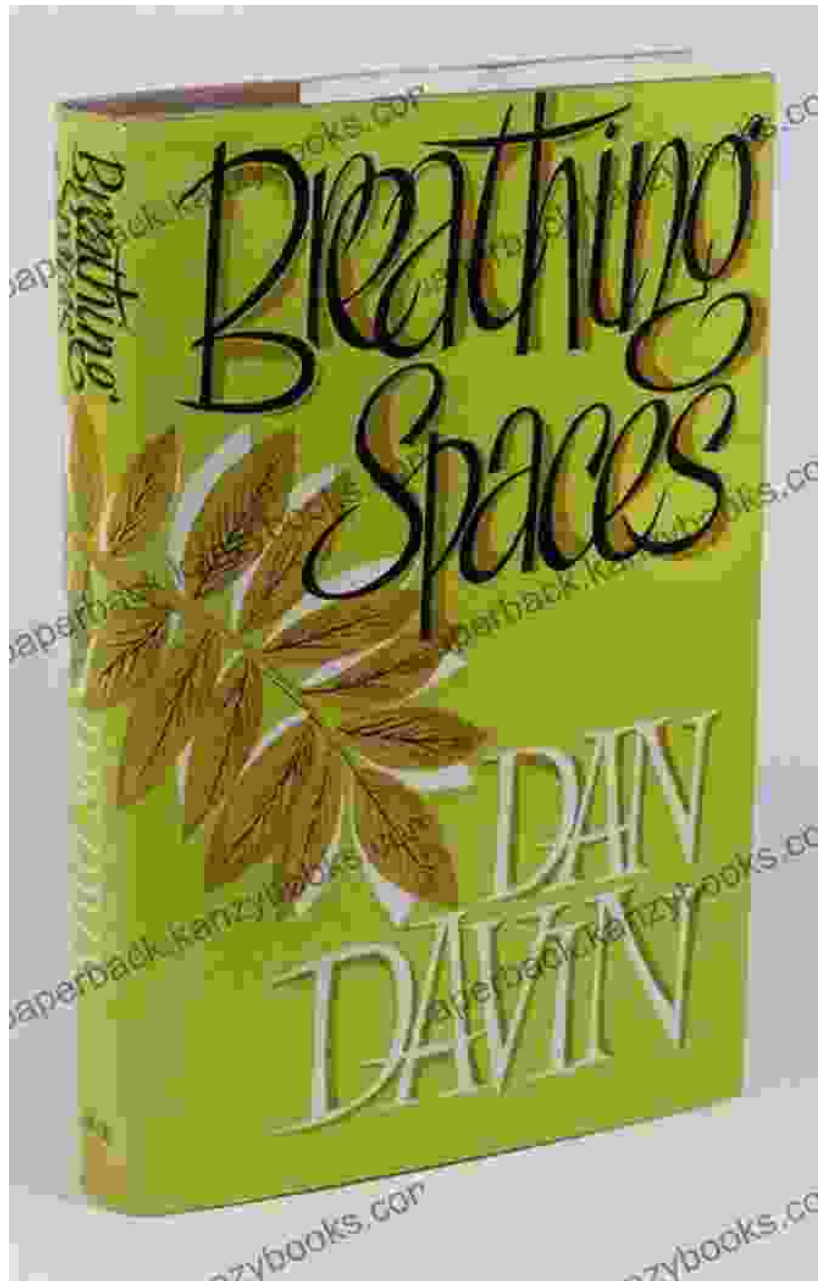
— **John Douillard, DC**, author of *The 3-Season Diet*

## **About the Author**

Dr. David A. Palmer is a psychiatrist and qigong teacher. He is the founder and director of the Center for Qigong Healing in New York City. Dr. Palmer has been studying and practicing qigong for over 30 years, and he has taught qigong to thousands of people around the world.

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*Breathing Spaces: Qigong, Psychiatry, and Healing in China* is available now from all major booksellers.



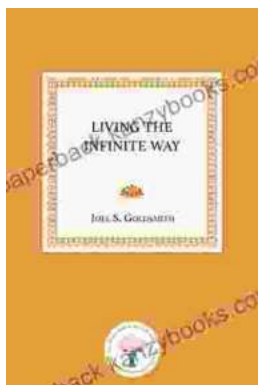
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