

Support for Way of Harmony Qigong

In this book, Dave Tebo integrates classical chi gung forms for cultivating internal energy and self-healing of the body's vital organ systems with the virtues of wisdom and compassion that are the goal of all eastern spiritual traditions. Having used these methods in his own recovery from cancer, he writes from direct experience of relevance and practical application for all contemporary readers who have encountered health crises. The forms he's chosen here are easy to learn, simple to do, and very effective if properly practiced on a regular basis. Readers will also find that over time this practice enhances every aspect of one's daily life, including work, play and personal relationships.

Daniel Reid, Chi gung Master

Author, *A Complete Guide to Chi-gung: Harnessing the Power of the Universe*
The Complete Book of Chinese Health and Healing
A Handbook of Chinese Healing Herbs
The Tao of Sex, Health and Longevity

Dave Tebo has drawn on his experience from 36 years as a martial arts instructor/practitioner, 25 years as a municipal administrator and recent battle with cancer to create Way of Harmony Qigong. He has received a Master's Degree in Public Administration and Policy (MPA) from the Robert M. La Follette School of Public Affairs at UW-Madison, is recognized as a Credentialed Manager (CM) by the International City/County Management Association and Certified Public Manager (CPM) by the State of Wisconsin. He is married with two adult children and lives in Greenville, WI.



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