



The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun

Yang Sen

Download now

[Click here](#) if your download doesn't start automatically

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun

Yang Sen

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun Yang Sen

In 1927, General Yang Sen invited Li Qingyun to Wanxian, China, to teach about health and longevity. Li Qingyun was reported to be 250 years old at the time, and his visit to Wanxian was big news. In 1970, Yang Sen compiled a book of his and other's accounts of Li Qingyun, titled *An Authentic and True Record of a 250-Year-Old Man*, which Stuart Alve Olson started translating into English in 1982.

Besides the notion of someone living to 250 years of age, this book goes well beyond the biography of Li Qingyun's life. It has great historical value, especially for Westerners who are unfamiliar with much of Chinese history towards the end of the Qing dynasty. It also explains incredible health therapies and provides information on what is now called Medical Qigong. Much is explained about Daoism on meditation, breathing, qigong exercise, food, sex, and philosophy for Daoist living. Another true gem of this book is the philosophical teachings, as much of this material has never been presented in English. The depth of information provided in this book surpasses any previously published work on Daoist health practices and philosophy. It is rare to come across a text with such abundance of insights and written with such clarity as this material provides.

Although *Qigong Teachings of a Taoist Immortal: The Eight Essential Exercises of Master Li Ching-yun* was published in 2002, which includes translations from Yang Sen's book, the entire translation is now finally available. This book belongs in everyone's library who studies or has an interest in Chinese philosophy, qigong regimes, and biographies.

A companion DVD—*Li Qingyun's Eight Brocades*—is now available.

 [Download The Immortal: True Accounts of the 250-Year-Old Ma ...pdf](#)

 [Read Online The Immortal: True Accounts of the 250-Year-Old ...pdf](#)

Download and Read Free Online The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun Yang Sen

From reader reviews:

Ray Ellis:

Now a day people that Living in the era exactly where everything reachable by connect to the internet and the resources within it can be true or not call for people to be aware of each facts they get. How people have to be smart in receiving any information nowadays? Of course the answer is reading a book. Reading a book can help persons out of this uncertainty Information particularly this The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun book because book offers you rich information and knowledge. Of course the details in this book hundred per cent guarantees there is no doubt in it you probably know this.

Christopher Patterson:

The reserve untitled The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun is the e-book that recommended to you to see. You can see the quality of the book content that will be shown to you actually. The language that publisher use to explained their way of doing something is easily to understand. The article author was did a lot of research when write the book, therefore the information that they share to your account is absolutely accurate. You also will get the e-book of The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun from the publisher to make you more enjoy free time.

April Cotton:

Exactly why? Because this The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun is an unordinary book that the inside of the guide waiting for you to snap this but latter it will distress you with the secret it inside. Reading this book beside it was fantastic author who write the book in such awesome way makes the content on the inside easier to understand, entertaining way but still convey the meaning totally. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of positive aspects than the other book have such as help improving your talent and your critical thinking technique. So , still want to postpone having that book? If I had been you I will go to the guide store hurriedly.

Carolyn Hoar:

The book untitled The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun contain a lot of information on that. The writer explains your ex idea with easy way. The language is very straightforward all the people, so do not necessarily worry, you can easy to read the item. The book was written by famous author. The author gives you in the new age of literary works. It is easy to read this book because you can read more your smart phone, or product, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site along with order it. Have a nice examine.

**Download and Read Online The Immortal: True Accounts of the
250-Year-Old Man, Li Qingyun Yang Sen #GL4NSD710WZ**

Read The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun by Yang Sen for online ebook

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun by Yang Sen Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun by Yang Sen books to read online.

Online The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun by Yang Sen ebook PDF download

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun by Yang Sen Doc

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun by Yang Sen Mobipocket

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun by Yang Sen EPub