



## Booktango Sample Press Release

# Chaoyi Fanhuan Qigong Healing

*New book details ancient art of Qigong*

FREDERICTON, New Brunswick (Nov. 3, 2010) – Renowned Qigong healer Master Yap Soon Yeong and psychology professor and Qigong trainer Chok C. Hiew team up to release the quintessential guide on the ancient art of Qigong – ***Chaoyi Fanhuan Qigong Healing: Healing Self, Healing Others.***

In ***Chaoyi Fanhuan Qigong Healing***, Yap and Hiew detail the meditative movements and practices that allow individuals to begin to heal on a physiological and psychological level. Readers are guided in how to rid the blocked negative energies that is often the root cause of pain, trauma, disease, aging and various chronic issues.

Qigong, a centuries-old Chinese system of physical and mental training, has seen a rise in popularity as other Eastern codifications, such as yoga and martial arts, continue to spread in Western societies. Yap and Hiew understand the attractiveness of alternative health care approaches. “Chaoyi Fanhuan Qigong (CFQ) Healing stems from the esoteric Qigong tradition in which one actualizes one’s inherent self-healing mechanism to free the mind and body from pain and disease without any external input,” the authors write. “It is a therapeutic approach whose effectiveness in sustaining and extending life and overcoming most known diseases and genetic disorders has been demonstrated. Conventional medicine explains and treats diseases from a physical basis. Eastern holistic medicine goes deeper.”

### **About the Authors**

Master Yap Soon Yeong is a renowned Qigong and meditation healer and the founder of Chaoyi Fanhuan Qigong (CFQ), an original energy medicine method that he teaches worldwide. His remarkable healing record is described in his biographic bestseller, *Energy Medicine in CFQ Healing*. He lives in Penang, Malaysia where he runs his famed CFQ Centre.

Chok C. Hiew, Ph.D., has been a psychology professor at the University of New Brunswick for more than 30 years. A skilled CFQ trainer, he has authored and published seven books on CFQ training. He has introduced CFQ to North American and international audiences in conference presentations and workshops since 1997. As a trauma specialist, he has also pioneered Qigong techniques internationally as training for those traumatized by exploitation, epidemics, armed conflict, chronic illnesses and natural disasters. Hiew grew up in Malaysia, went to school in Boulder, Colo. He currently lives in Canada.

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