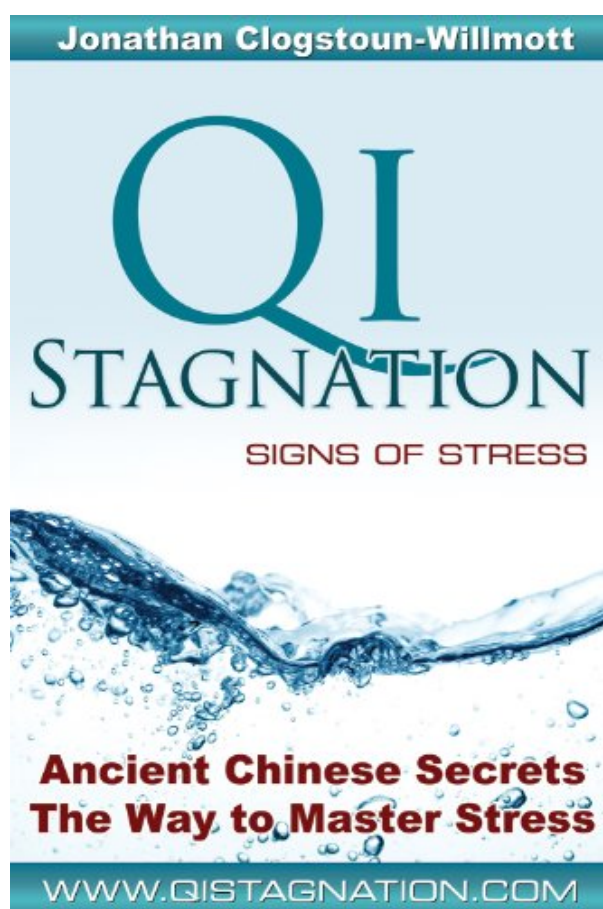


STRESS FROM QI STAGNATION - SIGNS OF STRESS BY JONATHAN CLOGSTOUN- WILLMOTT



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About the Author

Jonathan Clogstoun-Willmott grew up on a farm (angry bulls and recalcitrant ploughs), went to school (hated it), did electrical engineering at university (never again), then became a Chartered Accountant (nearly his biggest mistake so far). Working as an accountant for 10 years made him ill. While doing accountancy he studied then practised various 'natural' therapies. This made it possible for him to worry about patients for over 35 years, mostly in Edinburgh, Scotland, where he lives. He has taught Chinese Medicine since 1985 and his website www.acupuncture-points.org explaining Chinese Medicine in layman's English attracts praise from round the world. He is married with two grown-up children who he hopes will one day ask him how to cope with stress. His wife leads a very busy life and seems to have worked it out for herself without asking. He occasionally lets business colleagues lure him back into their world to enable him to maintain suitable levels of anger, depression, fear, mania, insomnia and worry. Writing this book helped to calm him down. He has qualifications in acupuncture and Chinese herbal medicine, homoeopathy, and physical therapies such as Bowen technique.

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If stress is trapped energy, then it's not all bad. When stress energy is channelled rightly, stress can be rewarding, creative and good for you.

After 3000 years of stress, the Chinese have had plenty of time to think about it. What they came up with is a practical solution based on a set of ideas very different from those in the West.

If stress is thought of as trapped energy, or Qi Stagnation, then you can develop ways to use it better, to let it flow properly and so enhance your health and that of others.

Viewed as trapped energy, it has potential for good and ill. Theory and experience show that although some strategies help nearly all kinds of stress, some work better than others for particular kinds of stress.

The book shows how different emotions cause different kinds of stress symptoms, and what may happen next if nothing is done about them, including eventually, the medically-recognised illnesses they lead to.

One chapter on Yin and Yang introduces the underlying movements in energy - Qi - that produce political events, and how they relate to the body.

Another chapter shows how events both in politics and life fall into natural cycles so that stress occurs when one phase of life cannot flow naturally into the next. Recognising which phase you are stuck in shows you the best ways to change or adapt to your situation.

It's practical and opens your eyes to what stress does. Having read it, you'll become much better at recognizing stress in yourself and in others.

The book lists the therapies and actions that the author has found best for particular kinds of stress.

The author, Jonathan Clogstoun-Willmott, has been treating stressed people for 35 years, using a whole array of different techniques. He is highly qualified in various forms of natural medicine, and is regularly praised for the clarity of his writing and website:

"I just stumbled on your web site and I must say "how impressive" !!!" (Robert, Sydney, Australia, 15 June 2013)

"...I'll keep reading your articles, because they're very helpful and easy to read..." (4.2.13 Mexico)

"Thanks for your article, it was written in down to earth layman's term and easily readable. I would like your opinion on ..." (12/6/13 Australia)

"I have been having lots of health problems and have found your site v insightful. I am based in Wimbledon

,London ..." (18.5.13 England, UK)

"Thank you. My acupuncturists are Chinese, and often there is less communication than I'd like. I was studying your site, and thought I'd ask. I am 59 ..." (10.6.13)

"I have been having lots of health problems and have found your site v insightful..."

"Hello, I found your site the other day and very impressed with all the info...I have been trying to get treatment for what I have been told is ..." (28 Oct 2013, USA)

"Nice articles , very informative and help me in my CCNM study course ..." (Student, 15 Sept 2013, Canada)

"Jonathan I haven't finished reading your website but already I have found it really informative and helpful to complement the acupuncture treatment I am having. I thank you for your generosity of spirit in writing particularly knowing that many of us will access the site but are unlikely to travel to Edinburgh for treatment. (3rd July 2013, England UK)

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7 of 8 people found the following review helpful.

Brilliant book for people who would like to know more about TCM.

By Yavor Lazarov

I was able to use the principles mentioned in this book to reverse and completely eradicate a lifelong chronic illness. The book is very empowering in the way that it helps you take responsibility of your own health and helps you diagnose yourself whenever you feel sick or simply under par and would like to get better. The author does a wonderful job of explaining traditional chinese medicine in simple terms so that it is available for people with no prior medical background.

4 of 4 people found the following review helpful.

Kindle version unreadable.

By Lourenco Azevedo

Although the content is interesting and a important one, the Kindle version is unreadable because it lacks the table of contents so you can't "travel on it". And the quality is not the same as other books I've bought before in this format. Since this is not a novel and requires some back and forth search, I ended up returning the book. I invite Amazon to be more careful and review issues like this before deciding to publish a book in Kindle format.

4 of 4 people found the following review helpful.

Very Interesting

By sherry mcleod

I just started seeing an acupuncturist last week and was baffled why a few needles made such a difference in how I felt. I looked online to see if there was a book that could help explain how acupuncture worked and came across this one. It is well-written and easy to understand. I recommend it to anyone wanting to know how energy stagnation starts and how it affects your health.

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