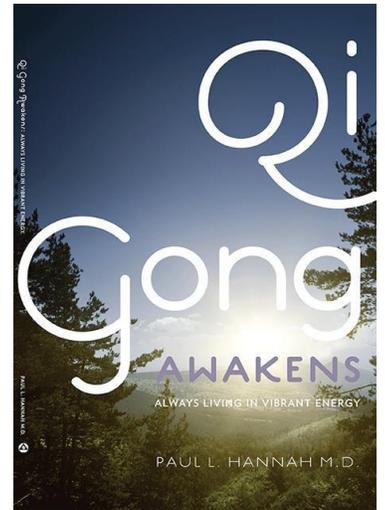


November 23, 2016

*Qi Gong Awakens: Always Living Vibrant Energy*  
**By Paul Hannah, M.D.**



The practice of meditation as a source of healing has long been promoted by various cultures throughout the world. In his book *Qi Gong Awakens: Always Living Vibrant Energy* Paul Hannah, M.D. shares with the reader his wisdom and knowledge about meditation, energy, purification and harmony. He embraces the ancient practice of Qi Gong and shares the most important aspects of how to live a life full vibrant energy.

*“Can you use your vital energy to fully recognize and claim whatever the moment brings? That is living in vibrant energy. By releasing any attachments that do not benefit your journey, consistent Qi Gong practice can help you to honor the changing condition of everything around you. It can help you to smile love into your heart, a technique I originated and cultivated and shared throughout my many years as a teacher.”* – **From the Introduction by Paul Hannah, M.D.**

Dr. Hannah demonstrates in the book movements and positions designed to align one’s mental, physical and emotional bodies for maximum functioning. Throughout the book these movements and positions are illustrated color photos of Dr. Hannah with captions. The rest of the book is full of empowering information and affirming words supporting his philosophy of **Always Living In Vibrant Energy (ALIVE)**.

**Endorsements and praises for *Qi Gong Awakens: Always Living In Vibrant Energy***

As a practicing psychiatrist, Dr. Hannah goes beyond considering only the physical body and explains to readers how to separately examine the emotional, mental and spiritual aspects of the existences. He shows how Qi Gong can lead to establishing harmony between differing expressions of the self-alignment of functional body components. – **From the Foreword by John Martin, M.D., PhD, Medical Director, Institute of Progressive Medicine**

*“Qi Gong Awakens: Always Living In Vibrant Energy* unlocks and makes accessible the wisdom of one the most powerful of Chinese Healing Arts. Himself a wise physician

and healer, Dr. Hannah reveals the spiritual, mental, emotional and physical principles of this ancient universal science of working with life energy. I highly recommend it to both professional and lay persons who wish to understand and practice this potent healing art.” - **Reverend Michael Bernard Beckwith, Founder Agape International Spiritual Center and author of *Life Visioning: A Transformative Process for Activating Your Unique Gifts and Highest Potential***

“Dr. Hannah’s road in alternative medicine was similar to my path. He was one of my earliest apprentice after I arrived in the United States. He learned Medicine, Psychiatry, Martial Arts and Qi Gong. He can help greatly because he sees a problem from many perspectives and can develop many solutions of the problem. I thank him for using clear English in terms from the American culture, to share Chinese Energy Medicine with the English speaking cultures in the world.” - **Grand Master Hong Liu and author of *Healing Arts of Qi Gong***

“Dr. Hannah is an embodiment of total transformation. And he has dedicated his life towards helping others on their journey, generously sharing his light, truth and loving vibration. Learning from him has been one of the great adventures of my life.” - **Ryan Lugalía-Hollon, Ph.D., Chief Learning Officer, Layers of Change.**

### **Book information and how to contact Dr. Hannah**

ISBN 978-0-9981997-0-2

Paperback 68 pages / \$16.95

Self-Help / Spirituality / Health & Wellness

**Inquiries for speaking engagements and workshops: 219-981-4800**

### **About the Author**

Paul Hannah M.D. is a compassionate master teacher and a humble lifelong student. He uses conscious radiant breathing to transmit unification and purification in the world. As a life energy consultant, Dr. Hannah works with people to create greater harmony in their lives, harnessing his own internal practice to help others realize their full potential. Dr. Hannah has studied Qi Gong with numerous masters and is an inner door disciple of Grandmaster Hong Liu. Much of his formal Qi Gong training has come from Grandmaster Hong, Master George Hu, Grandmaster Wong Kiew Kit and Grandmaster T.K. Shih. On the metaphysical plane, Dr. David M. Berry introduced Dr. Hannah to the wisdom of life science and adopted him as a spiritual son. Additionally, Dr. Hannah

has benefited greatly from the inspiration of Dr. Michael Beckwith and Dr. Barbara King, and the spiritual friendship of America Martinez. This book is a unique synthesis of lessons from each of these teachers, and many more. It is an integration of both Qi Gong and life science. He is a graduate of Rush Medical College Medical School. Professionally, Dr. Hannah is a board-certified psychiatrist and a graduate of the UCLA Berkeley medical acupuncture program for physicians. He also completed training from Nanging University, where he was licensed for acupuncture, moxibustion, and auricular therapy.