
A Barefoot Doctors

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GOOD OSBORN

A Barefoot Doctor's Manual Autharium
 Self-help guru, hip healer and Observer
 columnist Barefoot Doctor brings you his
 witty and irreverent guide to
 understanding what you really want and
 getting it without trying. Are you ready
 to get what you've always wanted?The
 Barefoot Doctor has just the prescription
 of Taoist theory and good old common
 sense to show you how to manifest
 exactly what you want Sound too good
 to be true? affirmation techniques for
 specific wants.; Written and delivered in
 true Barefoot Doctor style; variously
 witty, light hearted, compassionate,
 sexy, friendly and downright random; full
 of wisdom and littered with
 encouragement and insights.; Continuing
 to build on Barefoot's self-help for a new
 generation -- a cool, alternative crowd
 who are looking for more to life.; A
 powerfully positive, quirky and
 humorous read. Dip in for daily
 guidance. Includes: How to clear
 negative and limiting thought patterns to
 change the way you think and feel; A
 discussion about the topic of human

desire, our underlying need to
 continually improve ourselves,
 understanding what it is we really want,
 AND, how we should enjoy the wanting
 as well as the getting
Tao of Manifestation Springer Nature
 The English edition of Liu Lihong's
 milestone work is a sublime beacon for
 the profession of Chinese medicine in
 the 21st century. Classical Chinese
 Medicine delivers a straightforward
 critique of the politically motivated
 "integration" of traditional Chinese
 wisdom with Western science during the
 last sixty years, and represents an
 ardent appeal for the recognition of
 Chinese medicine as a science in its own
 right. Professor Liu's candid presentation
 has made this book a bestseller in China,
 treasured not only by medical students
 and doctors, but by vast numbers of
 non-professionals who long for a state of
 health and well-being that is founded in
 a deeper sense of cultural identity.
 Oriental medicine education has made
 great strides in the West since the
 1970s, but clear guidelines regarding the
 "traditional" nature of Traditional
 Chinese Medicine (TCM) remain
 undefined. Classical Chinese Medicine
 not only delineates the educational and

clinical problems faced by the profession in both East and West, but transmits concrete and inspiring guidance on how to effectively engage with ancient texts and designs in the postmodern age. Using the example of the Shanghanlun (Treatise on Cold Damage), one of the most important Chinese medicine classics, Liu Lihong develops a compelling roadmap for holistic medical thinking that links the human body to nature and the universe at large.

Barefoot Doctors and Western Medicine in China Univ of California Press

Blending Eastern practices like breathing, meditation, and energy work with modern knowledge about physiology, this guide yields a new approach to sexual nirvana. Russell prescribes dozens of moves ranging from the erotic to the exotic and shows readers how to make sex the best it can be. Illustrations.

Asian Medical Systems Yale University Press

2022 Pura Belpré Honor Book NYPL Best Book of 2021 Texas Bluebonnet Master List Selection NPR Best Book of 2021 Based on a true story, the tale of one girl's perilous journey to cross the U.S. border and lead her family to safety during the Mexican Revolution.

"Wrenching debut about family, loss, and finding the strength to carry on."—Booklist, starred review "Blazes bright, gripping readers until the novel's last page."—Publishers Weekly, starred review "Vital and perilous and hopeful."—Alan Gratz, New York Times bestselling author of *Refugee* It is 1913, and twelve-year-old Petra Luna's mama has died while the Revolution rages in Mexico. Before her papa is dragged away by soldiers, Petra vows to him that she will care for the family she has left—her abuelita, little sister Amelia,

and baby brother Luisito—until they can be reunited. They flee north through the unforgiving desert as their town burns, searching for safe harbor in a world that offers none. Each night when Petra closes her eyes, she holds her dreams close, especially her long-held desire to learn to read. Abuelita calls these barefoot dreams: "They're like us barefoot peasants and indios—they're not meant to go far." But Petra refuses to listen. Through battlefields and deserts, hunger and fear, Petra will stop at nothing to keep her family safe and lead them to a better life across the U.S. border—a life where her barefoot dreams could finally become reality.

"Dobbs' wrenching debut, about family, loss, and finding the strength to carry on, illuminates the harsh realities of war, the heartbreaking disparities between the poor and the rich, and the racism faced by Petra and her family. Readers will love Petra, who is as strong as the black-coal rock she carries with her and as beautiful as the diamond hidden within it."—Booklist, starred review

Manifesto Running Press

The American translation of the official Chinese paramedical manual, first published in 1977, is now available in a compact format. Unique in its integration of Western and traditional Chinese medicine, the manual was first prepared by medical authorities in the People's Republic of China in the 1950s, and is based on the theory of the balance of life.

Barefoot Rules Macmillan

The first study in English that examines barefoot doctors in China from the perspective of the social history of medicine.

A Barefoot Doctor's Manual Piatkus Books

Develop your hero qualities and use

them to acquire fame and fortune in a spiritually sound fashion. Barefoot Doctor's new manual demystifies the secret Taoist path to wealth, renown and fulfilment in irreverent and high-intensity-entertainment style

Barefoot Doctor's Handbook for Heroes Springer Publishing Company
Your essential 21st century guide to surviving and thriving amidst the growing pressures of modern urban life by the Barefoot Doctor. The Barefoot Doctor is a contemporary hero of Taoist folklore. His tradition of healing his people and keeping them in high spirits with his medicine, music and magic dates back more than 5,000 years to the old Orient. Here he teaches for the first time, in a hip and accessible way, how to focus your mind, channel your energy and strengthen your spirit. Learn the ancient Taoist warrior skills of psychic shielding, meditation, medicine and magic to help enhance your experience of reality. Pick up instant advice on hundreds of challenges facing today's busy urban warrior including work, sex, money, success, politics, travel, relationships, fashion, drugs, club culture, spirituality, healing, technology and freedom. Experience for yourself the magical world of the modern Taoist Sage.

The People's Health Barefoot Books
In *A Barefoot Doctor's Guide for Women*, Georgette Delvaux, DC, focuses on hormonal health explaining in a conversational tone how issues related to menstruation, pre-menopause, and menopause can begin as mere annoyances and gradually develop into major problems that affect both body and mind. She describes the harmful late effects of treating hormonal imbalances with artificial hormones—a popular practice—and introduces Thermography,

the exciting but still little-known method of detecting dangerous changes in breast tissue. With spirit and intelligence, Dr. Delvaux takes on these and other often-taboo topics, encourages women to trust subtle changes in their own sensations, and helps them understand both alternative and conventional medicine.

Handbook for the Urban Warrior
Rochester Studies in Medical H
In mid twentieth century China, during the time of the Cultural Revolution, there was a great need for medical treatment and a severe shortage of medical practitioners, especially in the countryside. To remedy this situation, workers and farmers were trained in the prevention and treatment of disease. These people were known as Barefoot Doctors. The American Barefoot Doctor's Manual was created in the spirit of these original barefoot doctors. Strategies for using Chinese Patent Medicines, LM Homeopathics, and Flower Essences are found throughout the manual. Also included in this work is an integrated form of movement therapy which opens and increases the energetics through all 14 meridians. For a limited time I will provide 1/2 hour session of Chinese Energetic Method with each purchase.
Barefoot Doctor's Guide to the Tao Henry Holt and Company

“Rich insights into how one country has dealt with perhaps the most central issue for any human society: the health and wellbeing of its citizens.” —The Lancet
This volume examines important aspects of China's century-long search to provide appropriate and effective health care for its people. Four subjects—disease and healing, encounters and accommodations, institutions and professions, and people's health—organize discussions

across case studies of schistosomiasis, tuberculosis, mental health, and tobacco and health. Among the book's significant conclusions are the importance of barefoot doctors in disseminating western medicine; the improvements in medical health and services during the long Sino-Japanese war; and the important role of the Chinese consumer. This is a thought-provoking read for health practitioners, historians, and others interested in the history of medicine and health in China.

Out of the Gobi Uphill Books

The first study in English that examines barefoot doctors in China from the perspective of the social history of medicine.

Rural Public Health North Atlantic Books
Foreword by Janet Yellen
Weijian Shan's *Out of the Gobi* is a powerful memoir and commentary that will be one of the most important books on China of our time, one with the potential to re-shape how Americans view China, and how the Chinese view life in America. Shan, a former hard laborer who is now one of Asia's best-known financiers, is thoughtful, observant, eloquent, and brutally honest, making him well-positioned to tell the story of a life that is a microcosm of modern China, and of how, improbably, that life became intertwined with America. *Out of the Gobi* draws a vivid picture of the raw human energy and the will to succeed against all odds. Shan only finished elementary school when Mao Zedong's Cultural Revolution tore his country apart. He was a witness to the brutality and absurdity of Mao's policies during one of the most tumultuous eras in China's history. Exiled to the Gobi Desert at age 15 and denied schooling for 10 years, he endured untold hardships without ever giving up his dream for an

education. Shan's improbable journey, from the Gobi to the "People's Republic of Berkeley" and far beyond, is a uniquely American success story – told with a splash of humor, deep insight and rich and engaging detail. This powerful and personal perspective on China and America will inform Americans' view of China, humanizing the country, while providing a rare view of America from the prism of a keen foreign observer who lived the American dream. Says former Federal Reserve chair Janet Yellen: "Shan's life provides a demonstration of what is possible when China and the United States come together, even by happenstance. It is not only Shan's personal history that makes this book so interesting but also how the stories of China and America merge in just one moment in time to create an inspired individual so unique and driven, and so representative of the true spirits of both countries."

A Barefoot Doctor's Manual John Wiley & Sons

Only fifty years ago, Tibetan medicine, now seen in China as a vibrant aspect of Tibetan culture, was considered a feudal vestige to be eliminated through government-led social transformation. *Medicine and Memory in Tibet* examines medical revivalism on the geographic and sociopolitical margins both of China and of Tibet's medical establishment in Lhasa, exploring the work of medical practitioners, or amchi, and of Medical Houses in the west-central region of Tsang. Due to difficult research access and the power of state institutions in the writing of history, the perspectives of more marginal amchi have been absent from most accounts of Tibetan medicine. Theresia Hofer breaks new ground both theoretically and ethnographically, in ways that would be impossible in

today's more restrictive political climate that severely limits access for researchers. She illuminates how medical practitioners safeguarded their professional heritage through great adversity and personal hardship.

The Barefoot Surgeon Piatkus Books
This multifaceted book examines the free market reform of the Chinese healthcare system in the 1980s and the more collectivist or socialist counter-reforms that have been implemented since 2009 to remedy some of the problems introduced by marketization. The book is based on an ethnographical study in a Chinese county from 2011 to 2012, which investigated local people's experience of healthcare reforms and the various ways in which they have adapted their own behavior to the constraints and opportunities introduced by these reforms. It provides a vivid depiction of the morality and emotionality of people's experiences of the Chinese healthcare system and the myriad frustrations and sometimes desperation it induces not only among patients with significant health problems and their families, but also healthcare practitioners caught between their desire to do right by their patients and the penalties they personally incur if they do not adhere to institutionalized cost-saving measures. The people's experiences within China's health sector presented reflect many similar experiences in the wider Chinese society. The book is thus a valuable resource for researchers and graduate students interested in China's healthcare reforms and scholars concerned with issues of contemporary Chinese society.

Medical Transitions in Twentieth-Century China Sourcebooks, Inc.
How can we unlock whole-body movement when our feet have been

bound for decades? Is it as simple as kicking off our shoe-shackles and releasing our feet into the wild? Whole Body Barefoot will help you safely and effectively transition to minimal footwear, reaping the enormous benefits of freeing your feet without injuring yourself along the way. Whole Body Barefoot presents: How conventional shoes can cause your body to lose mobility and muscle, The importance of walking on natural surfaces, The corrective exercises that can transition your shoe-adapted feet and legs, Vitamin "Texture"-and how the latest research on toe-walking and texture might mean that barefoot time is essential to walking well, With clear, science-based explanations, biomechanist Katy Bowman lays out the issues created by conventional shoes and artificial environments, and describes in detail the steps necessary to transition to more natural footwear safely and effectively. With over twenty exercises, this is a must-have for anyone hoping to restore lost foot function, and improve their health...naturally! Book jacket.

Chasing the Chinese Dream Lulu.com
In the Far East barefoot doctors were experts in Taoist healing, martial arts and magic. Here, a modern barefoot doctor unlocks the Taoist secrets of amazing and mutually fulfilling sex, shedding light on such topics as building sexual confidence and turning the whole body into an erogenous zone.

A Barefoot Doctor's Manual Three Rivers Press

Fascinating and wonderfully informative, this American translation of the official Chinese paramedical manual received great praise when we originally published it in 1977. This classic work is now available in our convenient,

company Cyclopedic format. Unique in its integration of Western and traditional Chinese medicine, the manual was first prepared in the 1950s by medical authorities in the People's Republic of China. Based on the theory of homeostasis, or the balance of life, it's a valuable reference guide to herbal healing, acupuncture, acupressure, and the relationship between emotions and physical health.

A Barefoot Doctor's Manual

HarperElement

In 1949, the Communist Party of China pledged that its approach to health care would differ markedly from that of the former Nationalist government and the "imperialist" West. For the next thirty years, under Mao's leadership, the People's Republic of China made improving the health of the entire population a central pillar of its policy. International health stakeholders came to view it as a statistical outlier in its ability to achieve better health outcomes with limited resources. *The People's Health* is the first systematic study of health care and medicine in Maoist China. Drawing on hundreds of files from rarely seen party archives and oral testimonies from experts, local cadres, and villagers across China, Zhou Xun shifts her historian's gaze away from official statistics towards the records of local institutions and personal memories that reflect and give voice to lived experiences. Through the everyday interactions of policy makers, national and local administration, and communities, Zhou illustrates the dynamic relationship between politics and health, and between individual lives and the political system. Presenting case studies of internationally acclaimed public health initiatives in the PRC - the anti-schistosomiasis campaign and the

Barefoot Doctor program - this book offers the first thorough, politically neutral analysis of their background, execution, and national and international repercussions. Opening a unique window into the lives - and health care - of individuals living under communism, *The People's Health* examines the links between local interest, cultural sensibilities, resources, and abilities, exploring the often unforeseeable consequences of political planning and social engineering.

Fourth Uncle in the Mountain

Gardners Books

An electrifying memoir by the blind Chinese activist who inspired millions with the story of his fight for justice and his belief in the cause of freedom. It was like a scene out of a thriller: one morning in April 2012, China's most famous political activist—a blind, self-taught lawyer—climbed over the wall of his heavily guarded home and escaped. Days later, he turned up at the American embassy in Beijing, and only a furious round of high-level negotiations made it possible for him to leave China and begin a new life in the United States. Chen Guangcheng is a unique figure on the world stage, but his story is even more remarkable than anyone knew. The son of a poor farmer in rural China, blinded by illness when he was an infant, Chen was fortunate to survive a difficult childhood. But despite his disability, he was determined to educate himself and fight for the rights of his country's poor, especially a legion of women who had endured forced sterilizations and abortions under the hated "one child" policy. Repeatedly harassed, beaten, and imprisoned by Chinese authorities, Chen was ultimately placed under house arrest. After nearly two years of increasing danger, he evaded his captors

and fled to freedom. Both a riveting memoir and a revealing portrait of modern China, *The Barefoot Lawyer* tells the story of a man who has never

accepted limits and always believed in the power of the human spirit to overcome any obstacle.