



The Book of Ki: A Practical Guide to the Healing Principles of Life Energy

Mallory Fromm Ph.D.

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Illustrated exercises for strengthening your life energy to heal yourself and others

- Presents a thorough understanding of ki and teaches how to access ki through breathing
- Includes a series of exercises, accompanied by photographs, for strengthening, smoothing, balancing, and transmitting ki

One morning in 1979 Mallory Fromm awoke in his Tokyo apartment with agonizing pain shooting through half of his body. A series of specialists were unable to cure the pain, which grew worse until Fromm could no longer walk. Just when he had given up all hope, a friend introduced him to an aged Japanese woman who cured him using her healing art based on ki, the life energy that animates the entire universe, and that flows through each and every one of us.

The Book of Ki presents you with a thorough understanding of what ki is, then teaches you how to access your ki. A series of exercises teaches you how to strengthen, smooth, and balance your ki, and shows you how to transmit your ki to heal yourself and others. Photographs accompanying each exercise clearly show you where to position your hands to maximize the flow of ki in the body.

The Book of Ki also tells the story of Kayoko Matsuura, the brilliant healer who saved Mallory Fromm and countless others. It is an in-depth and moving account of a woman whose simple but revolutionary healing art the West is only now ready to understand.

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