



## Choosing Life: Guidelines to Avoiding Extinction

*By Michael C. Frost*

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### **Choosing Life: Guidelines to Avoiding Extinction** By Michael C. Frost

This book belongs in the personal library of anyone who is serious about moving daily toward optimal health and mastery. With great care and much love, Dr. Frost has traced the origins of life energy management and spiritual practice from ancient Africa to the present, giving credit to each of the branches of the human race along THE WAY. Most importantly, Dr. Frost has distilled this wisdom into powerful practices and disciplines we can incorporate into our lives today as we thrive to survive. He has laid out clear and present life force choices for helping us to fulfill the Creator's purpose for all living things: to grow into our greatest potential and highest good! In true spiritual tradition, Dr. Frost has loved us enough to share what he has learned on his path toward Mastership.

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## **Choosing Life: Guidelines to Avoiding Extinction** By Michael C. Frost Bibliography

- Sales Rank: #6032750 in Books
- Published on: 1997-05-30
- Binding: Paperback
- 159 pages

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### Editorial Review

#### Review

Michael gives a refreshing and well-illustrated look into Ancient Traditions of Tao. His autobiographical accounts of his experiences with these practices are of monumental importance for all people today. He shows that, with an open mind and heart, along with a modicum of disciplined attention, anyone can obtain achievement in these powerful practices. I found Michael's chapter, "Sexual Survival into the 21st Century," quite profound, humorous and refreshing. It is full of thought-provoking material, rich with information vital to transformation and personal growth. -- *Master Mantak Chia, Author: AWAKENED HEALING ENERGY THROUGH the TAO; TAOIST SECRETS OF LOVE - CULTIVATING MALE SEXUAL ENERGY; HEALING LOVE THROUGH the TAO-CULTIVATING FEMALE SEXUAL ENERGY*

#### From the Author

I have observed in the awakening of my own true nature, an inner identity that is compassionate and full of strength. Unfortunately, for many, our upbringing, culture and life events keep us from experiencing our own full potential, and instead of looking to the Spirit within, we look at our failures and weaknesses. We all have negativity in us, we just need to learn the technology of disposing of it.

Taoist teachings are highly practical and provide us with much needed techniques for growth. Over 25 years of experience with these teachings has shown me that eating right, correct exercise, (Taoist Internal Exercise) and a positive mental attitude (Sense of essential identity with the inner Master) can strengthen our glands and have a wonderful affect on bodily health, emotions and spiritual growth.

I'm a certified member of the Chinese National Chi Gong Institute with over 25 years of experience in Asian healing science and movement arts. I've studied with many renowned Tai Chi masters such as Mantak Chia, Hua Ching Ni, William Chen and Dan Inosanto. By internal practices I acquired Fa Jing, a technique by which Chi is projected out of the body into other things. This is used both for healing and in the Martial Arts.

For over ten years I have conducted healing energy seminars for the past ten years as well as classes in Tai Chi. As founder of the American Association of Taoist Studies I hold a Ph.D in Naturopathic Science and also am a licensed Ohio medical board massotherapist. The American Association of Taoist Studies is an organization dedicated to the application of natural living principles for achieving high level wellness. By conducting classes and special programs in Tai Chi Chuan for public and private institutes and participating for a year '95 to '96 in a "Living Health" radio talk show my reputation has grown nationally. This has led to my offering national workshops and lectures promoting my book "CHOOSING LIFE: Guidelines To Avoiding Extinction". This book is an informative distillation of some of the most powerful practices available today for transformational growth, healing and reclaiming of the one heart, one love philosophy so absent in the present confusion we are experiencing today.

This is an autobiographical account, by an African-American man who has successfully transcended drug addiction, violence, co-dependency, destructive nutritional habits and other negative addictive behavior which seems to be more than just a stereotypical label for the modern American Black male. In this book, I give easy to follow suggestions and guidelines from time-proven natural alternatives in diet, exercise, mental programming and spiritual work to help in attaining self-transformational goals. This book is for all men striving to be real men and all women striving to embrace the fullness of feminine power.

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From introduction: Are we an endangered species? There is much evidence that seems to indicate this possibility. In many ways, we black men are thriving socially and Economically as we never have before, but at the same time we face an assortment of conditions, which experts say indicate that our species is definitely threatened, and possibly endangered.

## **Users Review**

### **From reader reviews:**

#### **Jaelyn Warner:**

In this 21st millennium, people become competitive in every single way. By being competitive right now, people have do something to make these people survives, being in the middle of often the crowded place and notice by surrounding. One thing that at times many people have underestimated it for a while is reading. That's why, by reading a book your ability to survive boost then having chance to stand than other is high. To suit your needs who want to start reading some sort of book, we give you that Choosing Life: Guidelines to Avoiding Extinction book as starter and daily reading guide. Why, because this book is greater than just a book.

#### **Danielle Deguzman:**

Here thing why this specific Choosing Life: Guidelines to Avoiding Extinction are different and trusted to be yours. First of all looking at a book is good but it really depends in the content than it which is the content is as delicious as food or not. Choosing Life: Guidelines to Avoiding Extinction giving you information deeper and in different ways, you can find any guide out there but there is no e-book that similar with Choosing Life: Guidelines to Avoiding Extinction. It gives you thrill studying journey, its open up your eyes about the thing this happened in the world which is might be can be happened around you. It is possible to bring everywhere like in park, café, or even in your method home by train. Should you be having difficulties in bringing the published book maybe the form of Choosing Life: Guidelines to Avoiding Extinction in e-book can be your option.

#### **Linda Hill:**

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**Kelly Brooks:**

The book untitled Choosing Life: Guidelines to Avoiding Extinction contain a lot of information on that. The writer explains your girlfriend idea with easy approach. The language is very easy to understand all the people, so do definitely not worry, you can easy to read this. The book was compiled by famous author. The author will take you in the new age of literary works. You can actually read this book because you can please read on your smart phone, or program, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice read.

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