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The Mystery of Longevity: Traditional Chinese Therapeutic Exercises and Techniques

Liu Zhengcai

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The Mystery of Longevity: Traditional Chinese Therapeutic Exercises and Techniques Liu Zhengcai Liu Zhengcai was born in rural Tongnan County, Sichuan Province in January 1938. In his early years, he studied traditional Chinese medicine under his uncle's guidance. He became an assistant after graduation from the Chengdu College of Traditional Chinese Medicine in 1965. Since 1970 he has been working at the No. 1 Clinic of the Chengdu units of the Chinese People's Liberation Army.

Since 1964 he has published nearly 300 academic papers and essays on the art of healthy living in newspapers and journals at home and abroad, and since 1980 he has written ten books on the same subject, including *Essays on Healthy Living and Longevity*, which has been translated and published in Japan. *The Way to Longevity in Traditional Chinese Medicine* and *A Hundred Scholars Talk About Longevity* are also among his major works warmly received by his colleagues and the general readers.

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