



# Energy Warriors: Overcoming Cancer and Crisis with the Power of Qigong

*Bob Ellal, Lawrence Tan*

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**Energy Warriors: Overcoming Cancer and Crisis with the Power of Qigong** Bob Ellal, Lawrence Tan  
As cancer rates continue to grow and stress-related illnesses are intensifying, Bob Ellal provides an outstanding example of the human capacity for courage and overcoming crisis. A four-time cancer survivor, in *Energy Warriors* he encourages his readers to find inner strength by drawing on something deeper during impossible times. He shares his personal experience that by deploying the ancient Chinese art and science of Qigong to balance body and mind, one is able to make better decisions in meeting challenges. Bob Ellal's story is accompanied by a Qigong manual by co-author Lawrence Tan, a martial arts master, who presents an introduction to Qigong and provides simple and practical exercises to guide the reader toward alleviating cancer and crisis in their own lives.

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