



MEDIA KIT

High Time For Your Closest Friend

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Why this book?

Curing the 6 most common issues of your body with:

- Crisp and vivid stories filled with humorous cartoons reaching your heart
- Efficient and clearly illustrated exercises release your body

Also at the same time, create a lifestyle that is free of pain and free to thrive

You have read the book -- Summary

- "The Tale" is to show there is a big picture behind the seemingly petty discomforts of life. It takes us on a journey revealing the present state of our mind and health, digging up the root causes for our problems, for us to look after our closest friend: our body and mind.
- A short story – starts each chapter - to contemplate on the deep causes of an issue in an amusing way.
- Fun Time - is to create fun and happiness for a specific physical area.
- The Physical Exercises - pleasing relief or obvious aid to suit people who have no experience in yoga or physical training - proven to be effective and easy to pick up
- Scan Yourself Deeply - gain awareness of how everyday thoughts can affect your habitual, muscular and organic movements.
- Renewing Your Thoughts - develop a new way of thinking; to build up a proper intelligence for your body. These two sections can be carried out as a health routine by everyone.
- A New Belief – ends each chapter, not only for healing the particular issue of the chapter, but also for anyone who would like to build loving and successful thoughts for their entire being.

Suggested Interview Questions:

1. There are many common issues for city dwellers, why you chose these six issues?
2. I myself have very stiff shoulders, and you provide physical exercises for us to have quick relief. How are your exercises different from so many other exercises that we can get from books and online?
3. Yes, I have quite a few physical issues, such as headache. And now you are telling me that my physical issues are connected with my ways of thinking? It seems irrelevant.
4. The problem is I don't feel I have any problems with my thoughts! How do I know which thoughts I need to change or retrain?
5. We all know we need to change to some extent, but changing is so difficult. What new ways are you providing to make change easier?
6. In one chapter, it is particularly interesting. You teach us to talk to a specific part of our body, how does it work? What are the effects?
7. As a whole, what can we actually do to truly love our body?