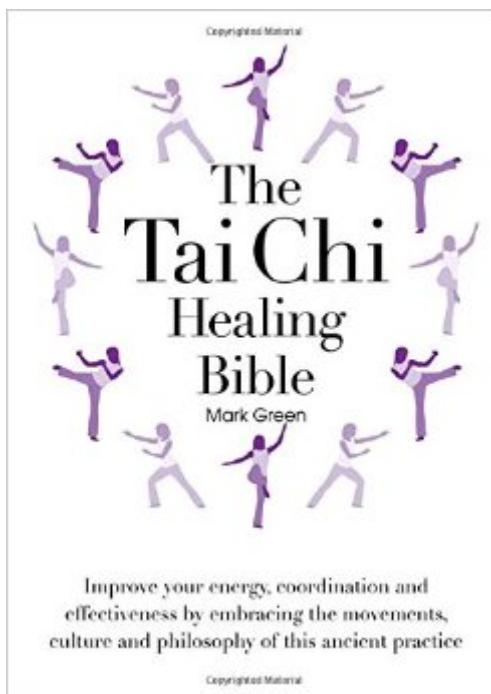


The book was found

# The Tai Chi Healing Bible: Improve Your Energy, Coordination And Effectiveness By Embracing The Movements, Culture And Philosophy Of This Ancient Practice



## **Synopsis**

Tai Chi calms the mind, improves coordination, and releases positive energy. Improve your overall health by embracing the movements, culture, and philosophy of this ancient practice. Learn the basic Tai Chi movements before trying out different programs. From the classic Tai Chi routine, the Form, to Chi Kung, each movement is clearly explained in easy-to-follow instruction and step-by-step color photography. It is true that trying to define Tai Chi can never be totally accurate—*as the Taoists have said for many years, the essence of a thing is un-nameable, and it is easier to describe what a thing is not, rather than what it is.* Despite this ever-changing understanding of Tai Chi, this book is an extremely useful exercise and reference point.

## **Book Information**

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## **Customer Reviews**

I'm so glad to have stumbled upon this T'ai Chi guidebook. Concise, user-friendly, easy to understand quickly the advantages for starting a tai chi practice. Spiral binding keeps pages flat to view positions easily. This is a nice way of beginning, also an adjunct to an ongoing practice as it adds Qi Gong exercises as well.

I like how clear this is and how it explains everything so clearly. It is great especially if you are just starting out.

Terrific book that will provide a roadmap to improve your health daily

Very nicely written. ..nice illustration

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