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Tai Chi: Discover the Secrets for Successful Tai Chi Practice That Teach You How to Relieve Your Stress and Feel Refreshed Every Time (Paperback)

By Gary Lawrence

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Want to learn exactly how to get started practicing Tai Chi and learn what the pros do? Discover The Secrets For Successful Tai Chi Practice That Teach You How to Relieve Your Stress and Feel Refreshed Every Time. Even As A Beginner! Just Follow The Instructions And You ll Be Moving Like A Pro In No Time! Are you ready to get started on your journey to becoming a skilled Tai Chi practitioner? Yes? Then let s get started! All too often a budding Tai Chi practitioner will rush right out, buy the first book or DVD about it that they see at the store, grab some loose clothing and head right out for an hour or two of outdoor exercise. Sadly, the experience is usually less than positive and they end up with nothing to show for their effort. Even after weeks of doing it they still feel stressed and lack energy. The book ends up in the rafters in the garage and the dream of an enjoyable or fun exercise regime disappears. Another scenario that occurs frequently is...



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