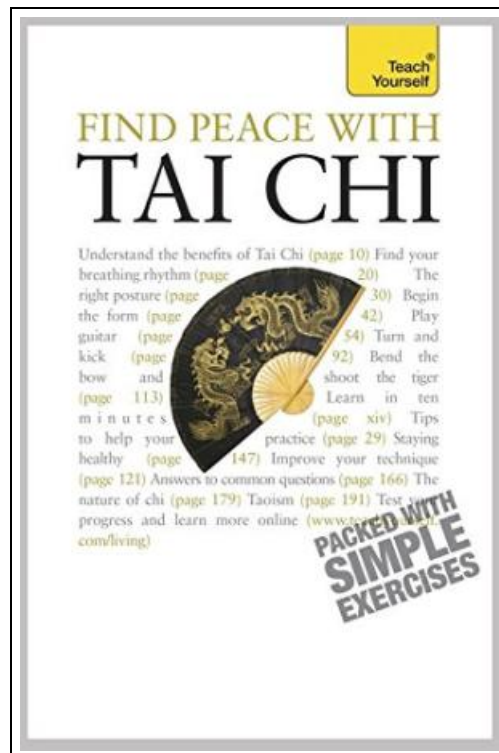


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FIND PEACE WITH TAI CHI: A BEGINNER'S GUIDE TO THE IDEAS AND ESSENTIAL PRINCIPLES OF TAI CHI (PAPERBACK)



Hodder Stoughton General Division, United Kingdom, 2010. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Is this the right book for me? This is the perfect introduction for beginners who want to learn the essential principles behind Tai Chi without overcomplicated instructions or confusing detail. You will learn the basic ideas and get into the Tai Chi way of thinking before picking up the form and exercises through a series of simple illustrations designed for all abilities, leaving you with the perfect antidote to the stresses of 21st-century life. Find Peace with Tai Chi includes: Chapter 1: Background What does tai chi mean? The tai chi form Origins of tai chi How long does it take to learn? What are the benefits? The nature of chi Atmospheric chi Chapter 2: Gently does it How fast? How slow? Breathing made visible Practice Getting started Chapter 3: Tips and suggestions Dos and don'ts Posture Basic stances Getting about Chapter 4: The form - part one Step-by-step instructions Chapter 5: The form - part two Step-by-step instructions Chapter 6: In depth Additional notes on the movement Test your knowledge Chapter 7: Tai chi and health Circulation Breathing Lymph Nerves, sensations and thoughts Food and how to deal with it Bones Muscles Glands Urinary and reproductive systems Sex Staying healthy Chapter 8: Tai chi - the learning experience Questions in class Letters and correspondence Chapter 9: Body, mind and spirit Finding a teacher Between heaven and earth Chi kung The five elements: pathways between body and mind Taoism Learn effortlessly with a new easy-to-read page design and interactive features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of the subject. Five things to remember Quick refreshers to help you remember the key facts. Try this Innovative exercises illustrate what...



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