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THE TAI CHI HEALING BIBLE: IMPROVE YOUR ENERGY, COORDINATION AND EFFECTIVENESS B



Improve your energy, coordination and effectiveness by embracing the movements, culture and philosophy of this ancient practice

Chartwell. 1 Spiral (cloth)(s), 2013. hard. Book Condition: New. Originally conceived as a martial art, the Chinese practice of Tai Chi has numerous health benefits that are achieved by improving the flow of the body's natural Chi energy. A former medical researcher, Mark Green explains here the traditions associated with Tai Chi, and in the book's dozens of photographs, demonstrates techniques that can help you to reduce stress, improve coordination, and maintain balance, as well as defend yourself. In addition...

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- Authored by Green, Mark.
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