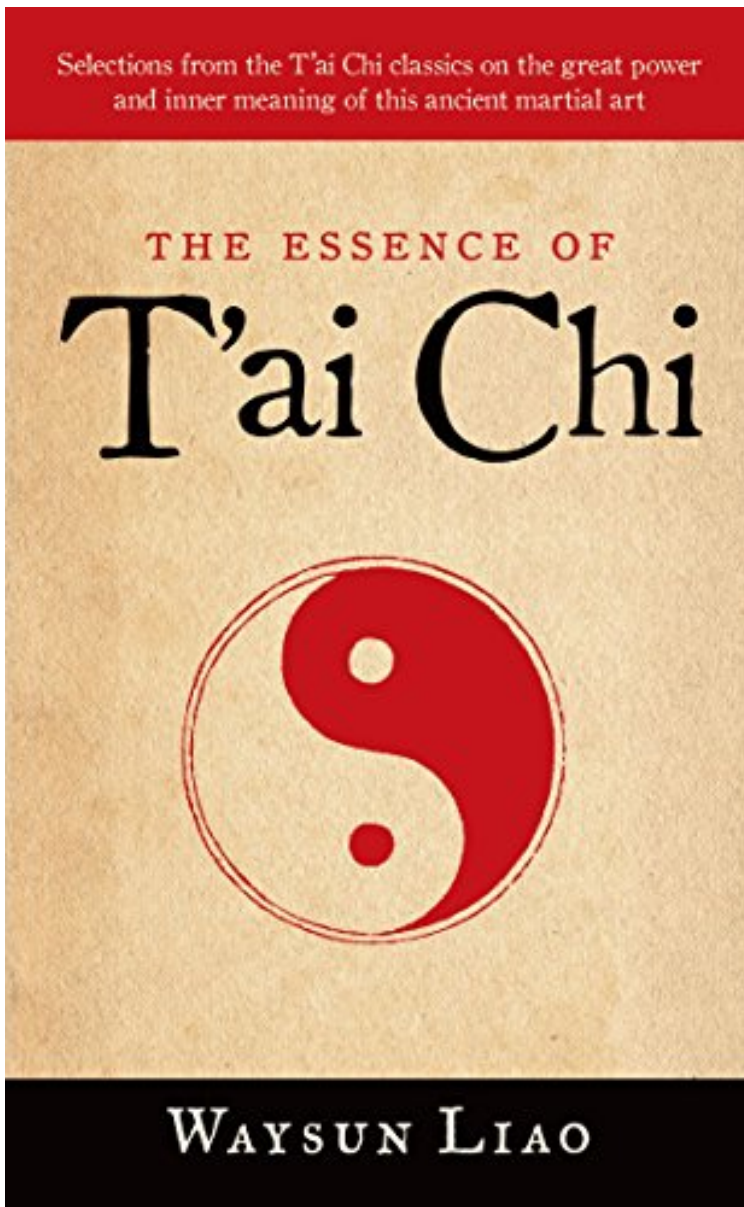


(Read now) File size: 35.Mb

The Essence of T'ai Chi: Selections from the T'ai Chi Classics on the Great Power and Inner Meaning of this Ancient Martial Art



Par Waysun Liao

**Download PDF | ePub | DOC | audiobook
/ ebooks*

Dtails sur le produit Rang parmi les ventes :
#147303 dans eBooksPubli le: 2007-10-09
Sorti le: 2007-10-09Format: Ebook
Kindle

(Read now) The Essence of T'ai Chi:
Selections from the T'ai Chi Classics on the
Great Power and Inner Meaning of thiis
Ancient Martial Art

**Par Waysun Liao : The Essence of T'ai Chi:
Selections from the T'ai Chi Classics on the
Great Power and Inner Meaning of thiis
Ancient Martial Art** before purchasing it in
order to gage whether or not it would be worth
my time, and all praised The Essence of T'ai
Chi: Selections from the T'ai Chi Classics on
the Great Power and Inner Meaning of thiis
Ancient Martial Art:

Download

Read Online

Description :

Prsentation de l'diteurThe deepest benefits of Tai Chi cannot be realized without an understanding of its underlying principles. This book presents these principles through translations of three core classics of Tai

Chi that are often considered the "Tai Chi Bible," accompanied by the authors insightful commentary. Master Liao demonstrates how to increase the bodys inner energy (chi) and transform it into power, health, and well-being. By reading the clear and precise explanations of the fundamental principles of T'ai Chi, students can develop a more complete understanding of the art and philosophy of this traditional martial art. Revue de presse Presents the basic principles of the complicated, sophisticated, and sometimes mysterious philosophy of Tai Chi . . . made easy to understand by the authors insightful commentary. . . . A worthy contribution to keeping the spirit of Tai Chi alive. East and West Series Prsentation de l'diteur The deepest benefits of Tai Chi cannot be realized without an understanding of its underlying principles. This book presents these principles through translations of three core classics of Tai Chi that are often considered the "Tai Chi Bible," accompanied by the authors insightful commentary. Master Liao demonstrates how to increase the bodys inner energy (chi) and transform it into power, health, and well-being. By reading the clear and precise explanations of the fundamental principles of T'ai Chi, students can develop a more complete understanding of the art and philosophy of this traditional martial art.