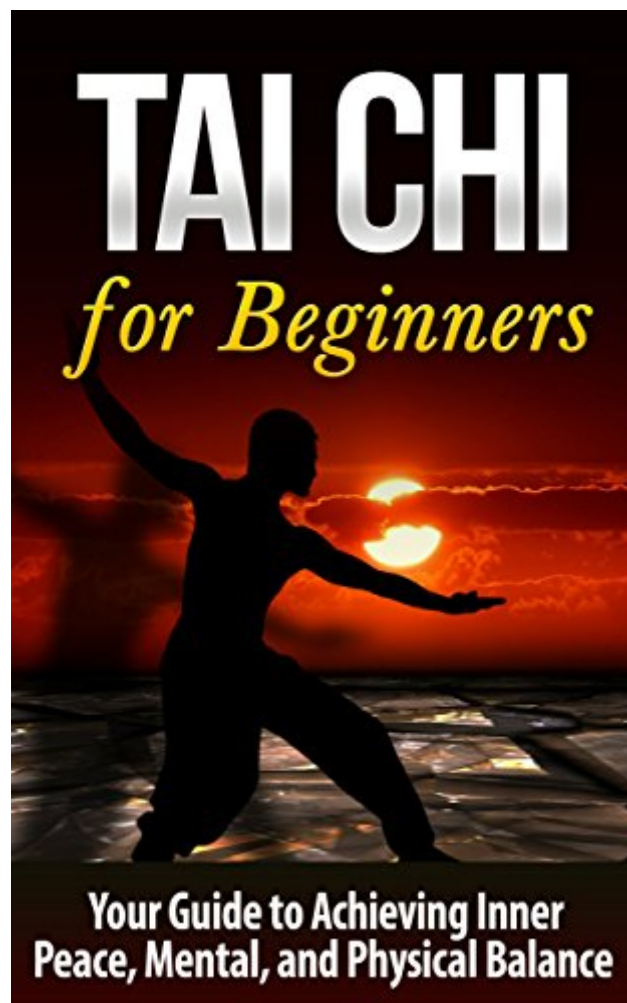


The book was found

Tai Chi: Tai Chi For Beginners - Your Guide To Achieving Inner Peace, Mental, And Physical Balance (TAI CHI For BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion And Spirituality)





Synopsis

Tai Chi for Beginners This is Your Guide to Achieving Inner Peace, Mental, and Physical Balance
5
FREE Weight Loss and Muscle Gaining Books Inside
The practice of Tai Chi (太极拳) is a form of Chinese martial art that dates back several centuries. It has similar movements to other forms of martial arts, but the movements are done slowly and methodically, in tandem with controlled breathing. Rather than for self-defense or fighting, the art of Tai Chi is used to focus one's energy, bringing relief of stress for the mind, body and spirit. It can be looked upon almost as another form of meditation.
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What is Tai Chi
History of Tai Chi
Spiritual and Mental Balance
Physical Balance
Tai Chi for Beginners
Tai Chi for Spirituality
Yoga and Tai Chi
How Feng Shui and Tai Chi are Connected
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Book Information

File Size: 2057 KB

Print Length: 44 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 4, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00UATA4VQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #165,751 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #93

in Kindle Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #94

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Customer Reviews

I never knew what exactly Tai Chi was but it was recommended by a friend. I am so glad that I

chose this book to be the first one I read! While this book isn't long, it is filled with information on the history and principles of Tai Chi, along with the spiritual, mental, and physical balance Tai Chi can bring you. Following all of this great information are some beginner moves of Tai Chi that I will be trying out and I can't wait to get started.

This was a short yet very informative read on Tai Chi. Best beginner's book on Tai Chi which will teach you different techniques that will help in relaxing mind and body. You could also take Tai Chi as a martial art which was used in ancient time but these days it is much famous for achieving spiritual, mental and physical balance. Author has also detailed on using Tai Chi for improving our Chakras as well. Highly recommended.

I have a limited knowledge of Tai Chi and I am glad that I have learned more about it because of this book. What I only know is that Tai Chi is a form of martial arts which has been and is being practiced by many for a long time now. Though this book did not provide in depth discussion of Tai Chi, I still find it informative most particularly about its basics and which I think are very helpful for people who would like to start learning about the beauty of this form of martial arts. And the fact that Tai Chi can contribute to balancing the flow of good energy to your body and spirituality made it really interesting to me. And would surely interest many. "Tai Chi is difficult to master, but is not difficult to begin", I loved this line given by the author in this book. We really have to work hard if we want to master something but the level of expertise that we wanted to reach cannot be reached if we don't even try to start doing it. Lovely. Good book and I would recommend it to individuals who would like to know the fundamentals of Tai Chi.

Great definition for an age old practice, being a Senior Citizen I face the daily challenges of mobility and maintaining balance in my physical activities. Combining the elements of inner peace, enhanced spirituality and physical awareness, it is a resource that I use on a daily basis to stay on track for quality of life!

I purchased this because it was requested as a gift. He has reported that the photos and instructions are clear and easy to understand, anyone could learn Tai Chi. The exercises start out for beginners but teaches you how to master the simple movements to a more advanced level. He recommends this for anyone wanting to learn mindfulness, meditative movement.

This book appeared to be a first draft of a report of the subject. There was little editing and great repetition. Very short to begin with (less than 40 pages, I believe), it really could have been edited down easily to about 20 pages. This is little more than a pamphlet and not worth the little money it cost me. It went right to the recycle bin.

As described. Received in timely manner.

Not a single photo showing positions. It's the ONLY reason I purchased.

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