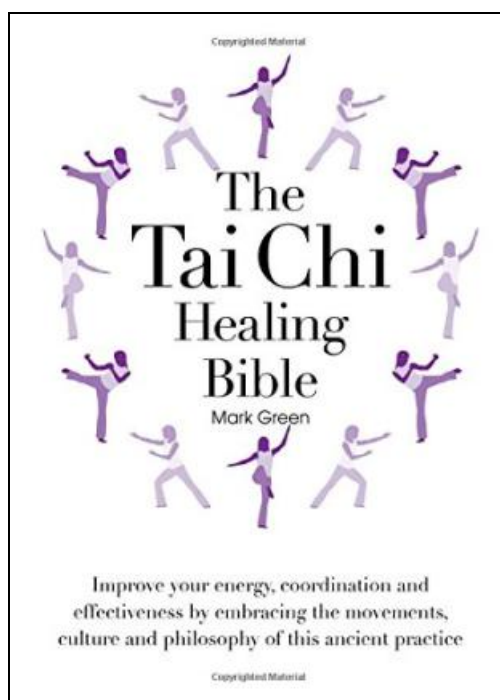


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Chartwell. 1 Spiral (cloth)(s), 2013. hard. Book Condition: New. Originally conceived as a martial art, the Chinese practice of Tai Chi has numerous health benefits that are achieved by improving the flow of the body's natural Chi energy. A former 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 to offering some tips on meditation, Green also provides a comprehensive look at Chi Kung, a discipline that helps guide and inform the exercises associated with Tai Chi. 224.



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