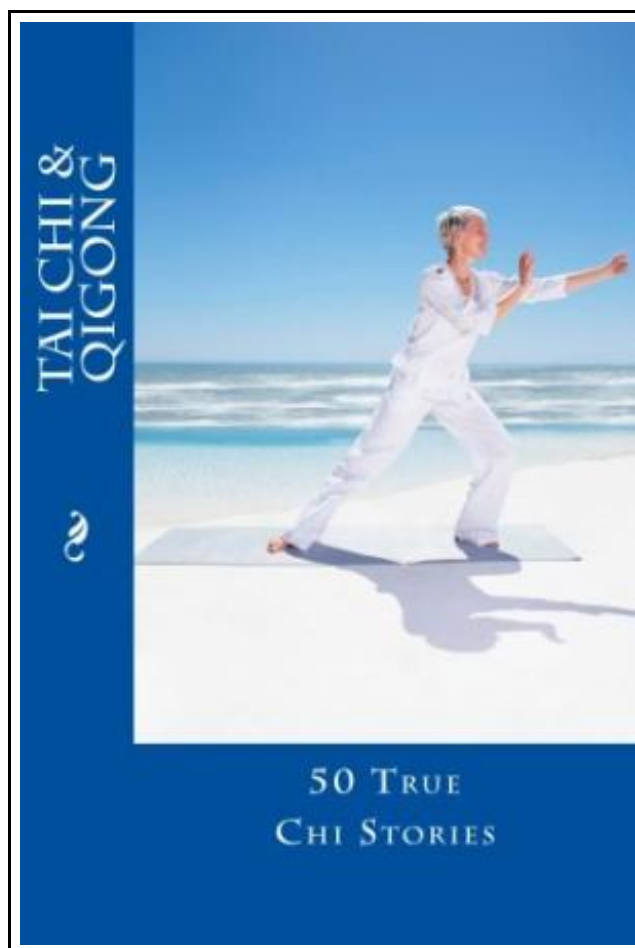


Tai Chi and Qigong: 50 True Chi Stories



Filesize: 6.15 MB

Reviews

This book will not be straightforward to start on studying but really fun to read. it absolutely was writtern really flawlessly and helpful. You can expect to like just how the writer write this publication.
(Glenna Goldner)

TAI CHI AND QIGONG: 50 TRUE CHI STORIES



Createspace, United States, 2012. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Tai Chi and Qigong: 50 True Chi Stories includes inspirational stories from fifty people whose lives have been made better by Tai Chi and Qigong. Originally from China, but now practiced the world over, Tai Chi and Qigong help their practitioners improve their health and fitness, aid in healing and recovery of illness, relieve stress, develop energy and vitality, and gain a better sense of connection to themselves and the world around them. In today s information age, you can easily find research studies and statistics on the value of these Chi energy development practices. And you can even find dramatic stories of people who have received miraculous healing from these arts for all sorts of health problems. But the value of Tai Chi and Qigong is not shown just by studies and statistics. And it s not shown just by miracles that happen only occasionally or sporadically. While statistics and miracles are impressive, the value of Chi Development is really shown in the mundane. It s the simple changes that happen in the daily lives of students and practitioners that show the real power of the Chi arts. That s the emphasis in this book of Chi stories. Yes, you ll read about a few healing miracles here, but the main emphasis is on the everyday benefits we ve received from our dedication to Chi development. In other words, this is all about lives made better by Tai Chi and Qigong.



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Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can...

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Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other...

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**Reflecting the Eternal: Dante's Divine Comedy in the Novels of C S Lewis**

Hendrickson Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Reflecting the Eternal: Dante's Divine Comedy in the Novels of C S Lewis, Marsha Daigle-Williamson, The characters, plots, and potent language of C. S. Lewis's novels

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Description Notice: This Book is published by Historical Books Limited

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