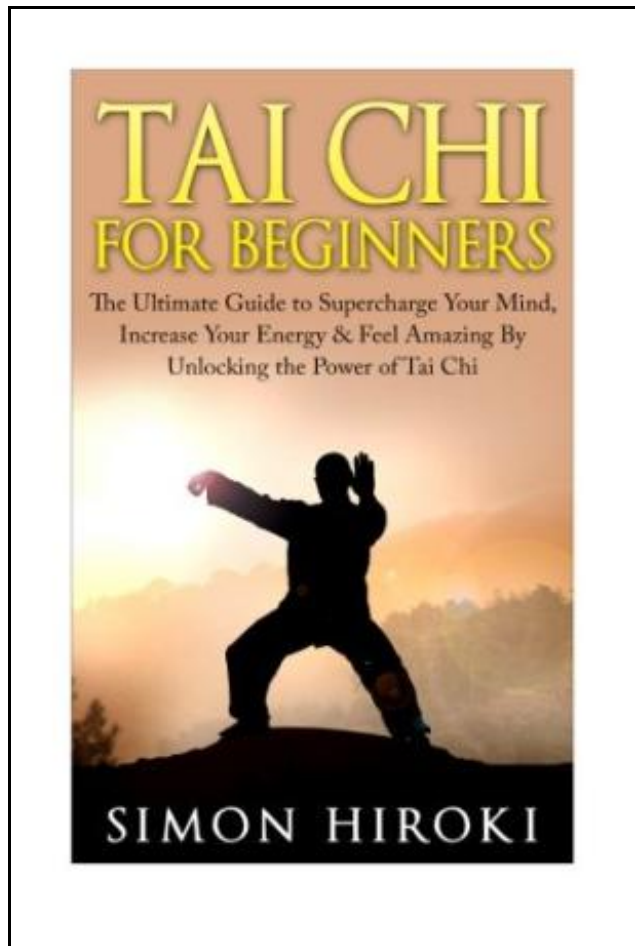


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Unleash the Secrets on How to Achieve Balance of the Mind, Body and, Spirit with Tai Chi! Learn Everything You Need to Know about This Ancient Self-Defense and Meditation Art Form and How to Make it a Way of Life >This book is for all ages, young and the elderly, who are looking for a book devoid of complex terms and instructions. Whether you are a professional wanting to learn self-defense and at the same time achieve balance in your mind and body, a mom looking for a new form of meditative exercise or an elderly wanting to find a safe and effective complementary therapy to alleviate body pain, this is the book for you! >You will learn about the history of Tai Chi, its origin and how it developed from the East and gained popularity throughout the years. Also, find out how why it is considered as a way of life, learn about its health benefits. >By the time you finish reading this book you are going to be able to know basic tips about getting started with Tai Chi, what to wear and the weapons you can use. Also, you will be knowledgeable about the basic moves for beginners and be able to enumerate the health benefits of practicing this martial art. Why You Must Have This Book! > In this book you will learn how to reduce stress and learn a simple and yet effective way to optimize your health and total wellness. > This book will teach you the steps on how to prepare yourself before taking on this martial art and give you tips on how to choose the style...

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