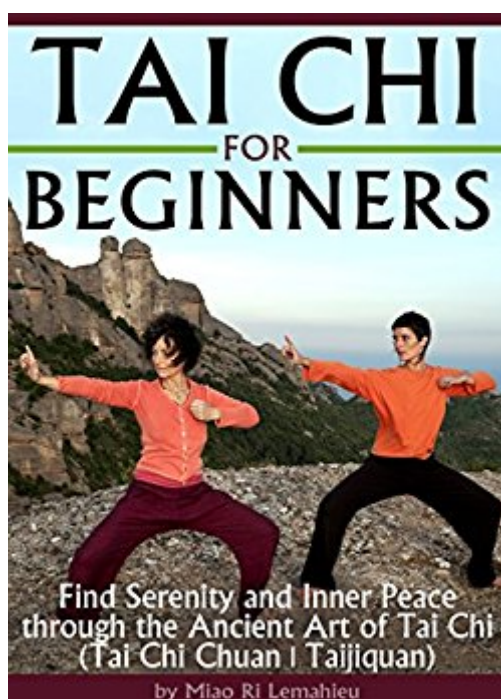


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# Tai Chi For Beginners: Find Serenity And Inner Peace Through The Ancient Art Of Tai Chi (Tai Chi Chuan | Taijiquan)



## Synopsis

If you want to learn the benefits and exercises of Tai Chi, then this book is for you! Tai Chi is a form of Chinese martial arts that is more like a dance or an exercise. It has been shown to promote body and mind capabilities by enhancing a person's stamina, strengthening the body and boosting overall mental capacities. This in turn allows you to have a better life that is harmonious with the forces around yourself. There are numerous other benefits that will be discussed later in Chapter 3. This ebook is designed to present the basic movements you'll need to learn, amongst the many hundreds of Tai Chi techniques. It will also teach you how to find serenity and inner peace through the practice of Tai Chi. Continue reading to learn about why Tai Chi has become so staggeringly popular throughout the world. Prepare yourself to be absolutely amazed at how purposeful this ancient form of Chinese martial art really is!

Here Is A Preview Of What You'll Learn...  
Understanding Tai Chi Chuan (Taijiquan) and the Four Core Disciplines  
The 10 Vital Points of Tai Chi Chuan  
Benefits of Tai Chi  
Tai Chi Exercises for Beginners  
How to Find Serenity and Inner Peace through Tai Chi in 10 Steps  
Eighteen Important Tips for Practicing Tai Chi  
Much, much more!

Download your copy today!

## Book Information

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## Customer Reviews

Easy Health Exercises! I became interested in Tai Chi a number of years ago because it did not require strenuous exercise. But I did not follow through, I told myself I would wait until I found a teacher. I was very happy to find this book as I am having problems with my heart and COPD. Both of these areas can be improved with Tai Chi. The exercises are simple and easy to perform, in fact most you can do by following the detailed instructions found in this book. The secret to Tai Chi is mental, you perform mental exercises while doing the physical exercises. The author, Ri Lemahieu Tai Chi expert, covers the four core disciplines. Taoist Meditation, the mental process with stretching. Yang short and long Tai Chi form, the simple self defense mode. Yes, it can be a Martial Arts defense, Eternal Spring Chi Kung the healing mode and Advanced Level Training the major self defense mode which is best understood with a professional trainer. The author Ri Lemahieu does a chapter on the Benefits of Tai Chi and there are many. He also has a chapter for the beginner's exercise you can start immediately. A great short easy-to-follow Tai Chi book for those who have never entered the discipline. A good start. Recommended!~

This book on Tai Chi has exactly what you need in order to learn Tai Chi from the beginning! I have never tried Tai Chi prior to purchasing this book, but I can confidently say that I will be practicing at it for years to come. The basics implemented in this book are very simple to follow and the layout of the book creates a super easy structure to follow. The tips are great and I'm very much looking forward to the Health Benefits to come!

I've always been captivated by all things Eastern. From Tai Chi to wu shu its always kept my interest. This book tells you exactly what Tai Chi is. Tai Chi is considered a chinese martial art and was developed by taoist. You are taught that practicing this martial art is very beneficial to you health. I mean it helps you sleep, strengthens your bones and improves circulation. It is also a mediation you can do to find peace and serenity.

I had heard of Tai Chi before, but I had never realized that it's more than just a form of martial arts and is also very useful in improving your health! The author outlines no less than 23 benefits of Tai Chi, ranging from reducing stress to promoting sleep and boosting your mental abilities. This is definitely something that I'm going to try. This book contains the basic techniques for Tai Chi exercises and gives some helpful tips to get started. If you really want to start practicing Tai Chi, it's probably best to take a class and learn it from a certified teacher. However, this book is a good

primer for if you want to learn more about the basics of Tai Chi and its benefits!

I've been doing martial arts for awhile, and Bruce Lee is my idol. I read that Bruce Lee did Tai Chi for a lot of time during his childhood. That immediately caught my interest about what is Tai Chi, so I got this book. It was exactly what I was looking for, it's simple and to the point, a perfect guide for beginners like me. I now understand the meaning of Tai Chi and how it's more of an art.

The instruction is very detailed and presented from different positions which makes it easier to emulate. What I also like is that Master Yang explains why things are done the way they are, i.e., why the hands are held with the fingers in a certain position. The music is soothing and Master Yang also explains not to give up, that progress comes in steps - the moves, the connection moves, the breathing, the mind and the spirit. I've tried other videos and I think I will be able to finally be able to do Tai Chi with this one.

Tai Chi for Beginners is a well-written guide that examines what this form of martial arts is, how to do it, and the benefits. As a martial artist myself, I see Tai Chi as an excellent way to get both your mind and body healthy. This book is simple to follow and gives you the information you need to take action. I recommend you read it and apply! Nice job!

I chose this rating based on a "beginners" understanding is what promised and delivered. The book provides a logical step-by-step foundation as to what Tai Chi is about. It covers the mental, breathing, and physical needs toward reaching a prescribed goal. It is not a complete guide to Tai Chi, yet a beginners understanding. I would recommend this to anyone as a first lesson to what Tai Chi represents.

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