



Tai-Chi Ch Uan (Hardback)

By Y.K. Chen

Wildside Press, United States, 2003. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Tai-chi Ch uan is an ancient Chinese art based on the principles of physiology, psychology, and dynamics for the purpose of increasing and sustaining health. By practicing Tai-chi Chu an, you can strengthen muscles, promote and regulate good blood circulation, refresh your whole body-and stimulate your spirit as well. Proper practice of the simple exercises clearly shown in this book can improve your digestion, adjust your weight up or down, clear your mind, allow you to think more clearly, and help you in dozens of ways you will find almost miraculous.



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