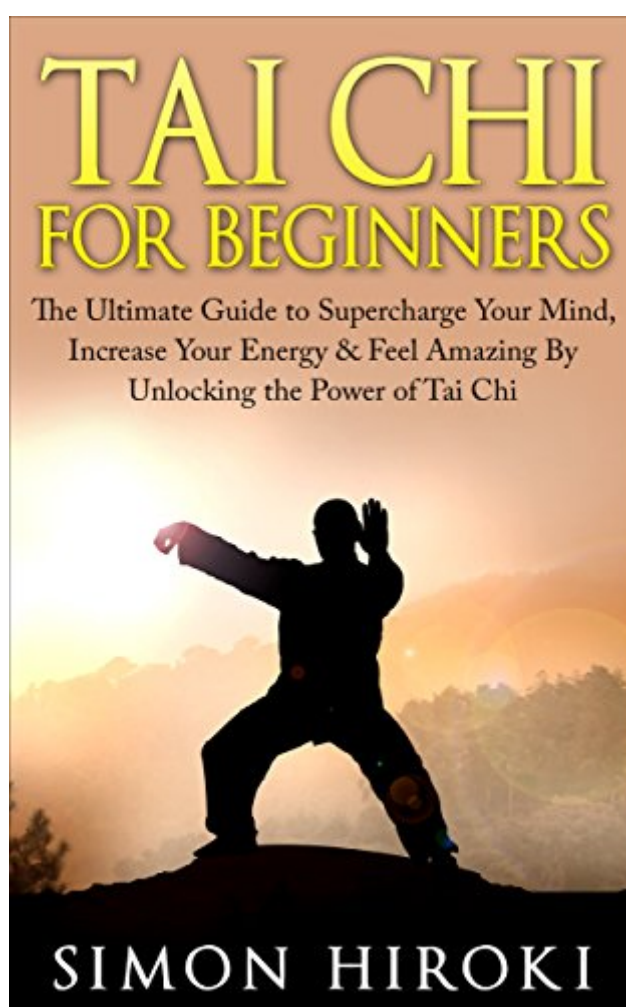


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# **Tai Chi For Beginners: The Ultimate Guide To Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking The Power Of Tai Chi (Tai Chi - Tai ... How To Fight - Martial Arts For Beginners)**





## Synopsis

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 that suits you.> In this book you will learn how to identify the different basic moves for Tai Chi beginners. > This book will guide you through the process of understanding a powerful martial art and calisthenics exercise that has been in existence for centuries, with simple yet informative texts perfect for individuals who are just starting to learn Tai chi.> This book will teach you how to supercharge your mind, increase your energy, and enhance your life spiritually, mentally and physically. > In this book you will learn about why Tai chi is regarded as an effective complementary therapy for existing medical conditions.What Youâ™™ Discover from the Book âœ“Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chiâ•\*\* Why you should consider taking up Tai chi and making it a part of your life. \*\* How to differentiate the 5 styles of this ancient martial art.\*\* Step by step instructions on how to get started with this meditative art form.\*\*The importance of practicing Tai chi for you mind, body, energy and spirit\*\*What to expect from this practice when it comes to stress reduction, balance, and harmony of the mind and body.\*\*How to select the different weapons available for Tai Chi enthusiasts and how to use such weapons. Let's Learn Together! Hurry! For a limited time you can download âœ“Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chiâ• for a special discounted price of only \$2.99 Download Your Copy Right Now Before It's Too Late! Just Scroll to

the top of the page and select the Buy Button. " " " " " TAGS: Tai Chi, Tai Chi for Beginners, Martial Arts, Kung Fu, kendo, hapkido, sparring gear, brazilian jiu jitsu

## Book Information

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## Customer Reviews

Very good book on Chinese martial art. In it there are basic steps for beginners, every step is elaborated, easy to learn, and its benefits are also well described. A lots of information about Tai Chi, in this book. Very good one |

There are various ways to find inner peace and relaxation, but of the few I have encountered, Tai Chi is the one that integrates the body in terms of martial arts. As a person who values protection, I am pleased to find out that the skills learnt here can be applied to self defense. Tai Chi has a rich history, with its roots in ancient China. I like the styles that the writer introduces; they really make me interested in the practice. The benefits related to practicing Tai Chi are all enticing and I want to try this activity. I will get myself an instructor; I thank the writer for the introduction.

Never ever did I think that I would have enjoyed such an amazing book on Tai Chi. This book will have you reading until the very end. I plan to use some of the techniques in here with my Special Needs 1st grade class so that they can effectively release their energy. It is a great read for beginners especially if you knew nothing about Tai Chi before. It is written in such a simple form that it makes it easy to keep up and understand what you are reading. I would highly recommend this book.

I really enjoyed this book it was easy to understand, This book will show you how to clear your mind and release the energy you have within you. It also show you some fighting steps which it a plus. This book is great for anyone who a beginner like me and wants to learn Tai Chi as your own pace. I use this with my 7 year old granddaughter who is ADHD and it amazing.

A new way to relieve the stress of the everyday life. Stress is a normal thing for us to function but too much stress can cause heavy damage to your body and mind. This book you will learn how to reduce the everyday stress and learn a simple techniques and yet effective way to optimize your health and total well being. It is also a very cost effective way.

Tai Chi is an ancient Chinese martial art used to achieve harmony of your inner and outer self. It is a calming exercise, meant to increase your energy, supercharge your mind and feel amazing! This book reveals the potential health benefits of Tai Chi art, which serves as a workout for the body and energy.

I liked the simple wording and descriptions of how to perform each move and pose but I was disappointed to find there were no photos or drawings to compare my stance to tell if I am getting it right. It's a good book for beginners that don't need pictures.

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