



The Gift of Tai Chi (Hardback)

By Michael Kasper

Immortal Ink, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Let The Gift of Tai Chi take you on a journey of discovery, where personal events lead to advancing connections with ancient wisdom. A place where the principles of tai chi and life itself mix, to weave answers and insight. Recognize the world of Yin and Yang and learn to seek unity in the contradictions that result from their interplay. Through personal accounts in the story share how to make tai chi by the sea or in the mountains even more relevant and enjoyable. And, share in an event that seemed challenging and threatening, only to be handled and dealt with resulting in a sense of balance and well-being. Learn to be the natural person we were intended to be, one who grows from the earth and reaches to the heavens. Through the personal accounts that make up this book one can benefit and will hopefully pursue further study that can lead to a richer and more complete life.

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