



## Tai Chi and Qigong: 50 True Chi Stories (Paperback)

By Al J Simon

Createspace, United States, 2012. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Tai Chi and Qigong: 50 True Chi Stories includes inspirational stories from fifty people whose lives have been made better by Tai Chi and Qigong. Originally from China, but now practiced the world over, Tai Chi and Qigong help their practitioners improve their health and fitness, aid in healing and recovery of illness, relieve stress, develop energy and vitality, and gain a better sense of connection to themselves and the world around them. In today's information age, you can easily find research studies and statistics on the value of these Chi energy development practices. And you can even find dramatic stories of people who have received miraculous healing from these arts for all sorts of health problems. But the value of Tai Chi and Qigong is not shown just by studies and statistics. And it's not shown just by miracles that happen only occasionally or sporadically. While statistics and miracles are impressive, the value of Chi Development is really shown in the mundane. It's the simple changes that happen in the daily lives of...



**READ ONLINE**

[ 4.24 MB ]

### Reviews

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better than never, though I am quite late in starting reading this one. Your lifestyle span will probably be converted once you complete reading this publication.*

-- **Dr. Kadin Hane DVM**

*This publication may be worth purchasing. It was actually written quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book I actually have studied inside my personal life and can be the best ebook for actually.*

-- **Frank Nienow**