



Tai Chi (Paperback)

By Bruce Kumar Frantzis

North Atlantic Books,U.S., United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. According to Time Magazine, tai chi is the perfect exercise. Tai chi s incredible powers are reflected in its popularity. Over 200 million practitioners worldwide--young, old, athletic, sedentary, chronically ill, overweight--are using tai chi s slow, graceful movements as a potent preventative health care practice to regain control of their health, boost high performance, manage stress and reverse the effects of aging. Tai Chi Health for Life is in effect a comprehensive consumers guide to tai chi, by international authority and teacher of Taoist health, martial arts and spiritual practices, Bruce Frantzis. Citing clinical studies and the practical experience of practitioners, this inspiring book persuasively argues why everyone should consider taking up tai chi. Tai Chi: Health for Life is not a how-to exercise manual nor does it teach any particular style of tai chi. Instead the book tells people exactly how tai chi works, revealing why tai chi is so effective at relieving such chronic health problems as high blood pressure, asthma, chronic pain, arthritis, carpal tunnel syndrome and anxiety. It explains how to choose a tai chi style and what to look for...



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