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# Exercising The Soul: How T'ai Chi Connects You To Your Authentic Self



## Synopsis

David-Dorian's best-selling book on the living philosophy of Tai Chi. Learn how the movements of this art teach us to connect to our authentic self through the pathway of finding, maintaining or restoring the experience of Harmony. The path of taiji (or T'ai Chi) is an exploration of balance through the mastery of three specific disciplines: the flowing dance-like routines, the powerful standing meditations and the fear-dispelling game of taiji for two. When we find ourselves able to create harmony in the midst of life's constant chaos, then we unlock the doorway to our inner authentic self - our Soul.

## Book Information

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## Customer Reviews

I learned a lot from this book as someone who is starting to explore T'ai Chi and Qi Gong, but it was atrociously edited, with chunks of material being repeated in more than one spot, paragraphs introducing new ideas forcefully before inexplicably tapering off and the idea never being mentioned or expanded on again. I would have also appreciated an expanded and more reliable section of

resources for pursuing the ideas presented in the book. They are important principles, though, and I was glad to learn of them.

As a former student and informal practitioner/"player" of Tai Chi, I was hoping that Dorian Ross might convince me to be more serious/formal in my personal Tai Chi practice. I was initially intrigued by the "sound" of the title, and the sample I read reinforced that feeling. However, the totality of the book left me more disappointed than satisfied. There was a lot of information -- some technical, some theoretical, some historical -- and Dorian Ross' personal story that opened the book was very uplifting. His writing style was an interesting combination of technical language and personal interpretation, and for a good portion of the book, he had me with him. What eventually caused me to feel less connected was the rambling and repetitious nature of his narrative. In many instances, I encountered material in the second half of the book that had already been covered earlier. What really disturbed me was not only the redundancy of the information, but also the verbatim nature of the repetitions. In some ways, it read like a cut/paste narrative, emphasized by his frequent comments about "returning to a concept later in the book." Part of this is the responsibility of the writer's editor to notice, so in this particular case, it appears that his editor was either absent or negligent. The historical aspects of the book reflected diligent research and deep respect for the Oriental origins of Tai Chi, and any student of Tai Chi would appreciate and learn much from these elements of the book. The technical elements of the book could have benefitted from some illustrations; in fact, at one point it looked like there was a note to "add a diagram" despite their total absence, another indication of careless or nonexistent editing. The philosophical elements of the book were interesting but could have been a more significant aspect of the book, especially given the nature of the title. If you have never taken a Tai Chi class, I would not recommend this as an introduction to that martial art. If you have some experience with Tai Chi in your life and want to expand that experience, this may or may not satisfy you. I didn't find what I was looking for, nor was I motivated to make my Tai Chi practice more formal/extended after reading it. Thus my 3-star rating.

Not just another book about Tai Chi! David's book is a 7 course meal disguised as a dessert. He explains the history, philosophy, and experience of Tai Chi practice in a conversational manner. His insight and advice is profound and practical without being judgmental or didactic. I have put this book in the hands of all those I know who play tai chi and many who are seeking to improve their lives. I now better understand why and how the western mind often feels alienated by the teachings from the east. And, I have many more techniques at hand for dealing with the eventual challenges of

inner development. Thank you, David! This is one of the best books on Tai Chi philosophy, history, and development I've read - and I've read most of them.

I am using the CD Essentials of Tai Chi and Qigong and saw this book listed in the bibliography. The book does complement the CD and tells some of the same stories. It is a shame the Kindle edition it is not better edited. The text repeats itself in several places and in one place seems like the end of the story is missing. In one place a visual is really necessary to understand the point and it helped that I had seen something similar on the CD. Even with these limitations, I found it worthwhile reading.

This is a good introduction to tai chi. Mr. Ross knows his subject and his enthusiasm for it is infectious. If you are curious about tai chi, this is a good place to start.

Meditation and Tai Che were explained clearly and allows reader to experience the wonderful benefits of this ancient art quickly. Reading the book is a wonderful experience in itself. It makes you want to get started right away. Also the author encourages you to get out there and exercise your body and soul. A delightful book for all ages. I thank him for it.

A beautifully filmed instructional video. He goes in detail on the footwork and the handwork of doing the tai-chi routine (the first eight forms). I especially like his Eight Pieces of Brocade in the Qi Gong segment, a pleasant morning routine which lasts about 20 minutes to complete. I usually do this at home, it's easy and enjoyable

Really good book about Tai chi and how he came to be involved with the exercise-meditation-sport. Not sure what to call it but he explains how it all works and can help you do it and why.

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