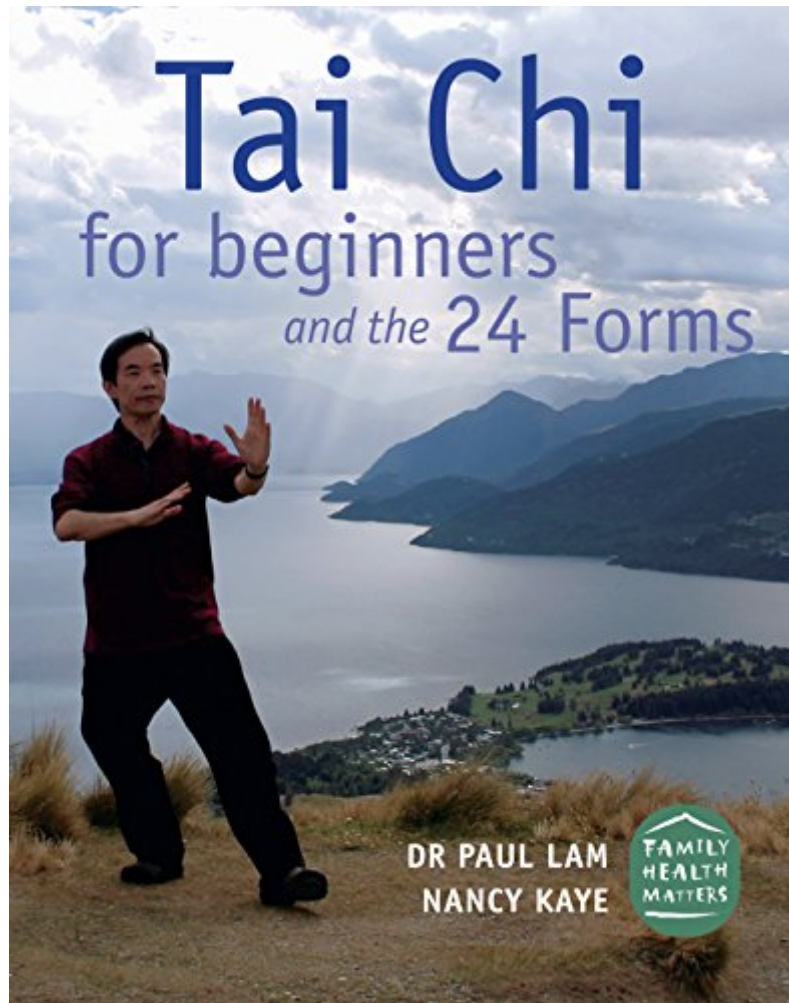




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# Tai Chi For Beginners And The 24 Forms



## Synopsis

Medical studies show that the ancient practice of tai chi is powerfully effective in promoting health, fitness and relaxation. It is suitable for almost everyone and can be practiced almost anywhere. What's more, it's an enjoyable exercise. In *Tai Chi for Beginners and the 24 Forms*, Dr. Paul Lam and Nancy Kaye demonstrate what tai chi is, what it can do for you, how to prepare for it, and how to put it into practice. With easy-to-follow instructions and photographs, they take you carefully through the background and structure of the Six Easy Steps up to the 24 Forms and beyond to show you that tai chi is not just a martial art, but a top-priority health benefit.

## Book Information

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## Customer Reviews

This book is very helpful for learning the 24 forms of Tai Chi. It is full of detailed photos and descriptions that make each form easy to learn. Lam is considered one of the masters of Tai Chi. I find this form of Tai Chi to be graceful and healing. I'd recommend it to anyone who wants to learn Tai Chi.

a wonderful book to work with. easy steps to beginning Tai Chi. helps very much to relax with before bedtime. i slept better when doing this. it also teaches the value of breathing. a good all around routine to get some stretch and strength back after an accident left me in much pain and some disability. the program helps when you think there is nothing much you can do. slow but sure improvement.

In clear photographs the author demonstrates the essence of each of the the moves for each form. One follows through to the end of the short (24) forms. I've been working (and playing) tai chi for about a year with a great teacher, and this book is an excellent accompaniement to a great experience. I highly recommend it.

This book explains it like you're a five-year-old without being condescending. I live in an extremely rural area and wanted to learn and practice Tai Chi for improving my health. I can do it! and all by just reading it and practicing it step by step. I realize there's a lot more to be gleaned from an instructor, but this book helps a lot.

Easy to follow, and definitely a great way to stay fit and healthy

Just what I needed to complement the 24 forms DVD.

I would thoroughly recommend this to anyone with a beginner's interest in Tai Chi. I started to practice the form using the book but my teacher then told me it was a slightly different form that we are using in the classes. I am still tempted to go back to the book, because it is really helpful to have a written text when you are learning and have all the moves broken down step by step.

This is a great book for anyone who wants to use tai chi to relax and heal their bodies, minds, and spirits. It will help you to center on your breathing and learn the most commonly practiced style of tai chi in the world. This book emphasizes that tai chi can be practiced by people in all walks of life and not only experts. It explains how the unblocked flow of chi in the body can vastly improve all aspects of your life. You don't have to be a master to feel the benefits, and this book explains how tai chi can be a great model for self-care. Tai chi is gentle yet very powerful if practiced regularly, and this book is a good start for anyone.

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