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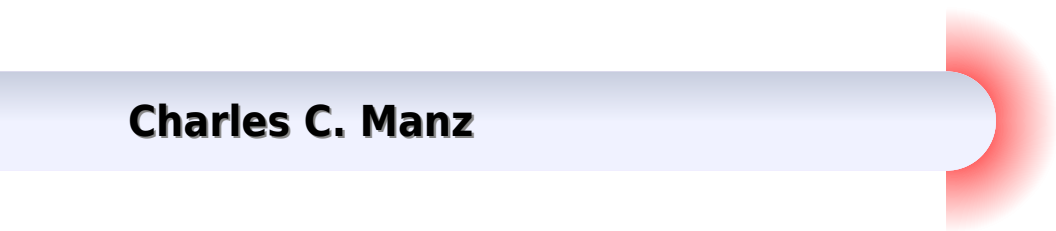
Bill Douglas

Founder of World T'ai Chi and QiGong Day



Complete Idiots Guide To Tai Chi And Qigong Book And Dvd

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The Complete Idiot's Guide to T'ai Chi & QiGong Illustrated, Fourth Edition Angela Wong Douglas, Bill Douglas, 2012-10-02 Heal yourself physically mentally emotionally and spiritually with the ultimate guide to T ai Chi and QiGong for beginners T ai Chi a martial art used for health meditation and self defense and QiGong a large variety of physical and mental training methods based on Chinese philosophy are widely recognized to heal physically mentally emotionally and spiritually T ai Chi has demonstrated its health benefits by being linked with everything from slowing the aging process and increasing balance and flexibility to lowering stress levels and enhancing the body s natural healing powers In this fourth edition of *The Complete Idiot s Guide to T ai Chi QiGong* the authors have streamlined the book giving it a clearer how to focus Nearly 150 video clips complement the 300 helpful illustrations in the book by demonstrating a complete T ai Chi exercise all exclusively available to readers on the authors website

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flexibility to lowering stress levels and enhancing the body's natural healing powers The Complete Idiot's Guide to T'ai Chi QiGong Illustrated Third Edition will add to what is already the most comprehensive and illustrative book on the subject by being the first to offer a DVD complementing the 300 illustrations in the book by demonstrating a complete T'ai Chi exercise consisting of 64 groups of movements **Black Belt**, 2003-12 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world Emotional Discipline (EasyRead Large Bold Edition) Charles C. Manz, 2003 Emotional Discipline Charles Manz, 2003-03-12 Provides practical strategies that allow readers to gain the power to choose how they feel This book shows how to choose to make the art of emotional discipline a practical personal reality and also focuses on how to create an immensely satisfying fulfilling energized and effective life **Emotional Discipline (EasyRead Super Large 18pt Edition)** , **The Complete Idiot's Guide to T'ai Chi and QiGong** Bill Douglas, 2002 You're no idiot of course You know that Trsai Chi and QiGong are ancient Chinese practices known to lower stress slow aging boost the immune system help with asthma arthritis and migraines and heal a host of chronic health problems But when it comes to signing up for a Trsai Chi or QiGong class you feel tied to the sofa Let The Complete Idiot's Guide to Trsai Chi and QiGong Second Edition untie your bonds by giving you step by step ways to use Trsai Chi and QiGong to boost your health and work and expand your life in many ways In this updated and revised Complete Idiot's Guide you get Simple definitions and explanations of Trsai Chi jargon and philosophy Useful tips on bringing the soothing calm of Trsai Chi into your daily life to enhance your work and relationships Important warnings on what can block the full effect of Trsai Chi including a vastly improved instructional chapter Practical applications for kids adults seniors and people with special physical concerns An expanded health and medical research reference section and listings of Trsai Chi and QiGong contacts throughout the world *The Complete Idiot's Guide to T'ai Chi & Qigong Illustrated* Bill Douglas, 2005

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