



# Tai Chi: Health for Life

*Bruce Frantzis*

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## **Tai Chi: Health for Life** Bruce Frantzis

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 in a teacher. The book links the underlying energetic principles of tai chi to traditional Chinese medicine, such as acupuncture, and shows how its philosophy is derived from such ancient Taoist texts as the *Tao Te Ching* and the *I Ching*.

In *Tai Chi Health for Life* you will discover:

- Why doctors, nurses and alternative health care professionals are recommending the low impact movements of tai chi to their patients
- Why senior practitioners call tai chi the ‘elixir of life’
- How tai chi improves workplace productivity and boosts mental stamina
- Tools to combat repetitive stress injuries and carpal tunnel syndrome
- How tai chi enhances sexual, athletic and intellectual performance
- Why tai chi, as ‘moving meditation’ can create inner peace
- The difference between tai chi, chi gung (qigong) and yoga
- How tai chi teachers and advanced practitioners can upgrade their skills.

*Tai Chi: Health for Life* peels away the mysteries surrounding the concept of chi—life-force energy—which is fundamental to both tai chi and chi gung. These chi-building practices supercharge other exercise methods, such as sports, weight-lifting and yoga. Developing chi inside the body, mind and spirit is the most important determinant for achieving health, relaxation and vitality.

“Bruce Frantzis is a true master.” —Michael E. Gerber, author of *The E-Myth Revisited*

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#### **Carl Speed:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their spare time with their family, or their own friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could possibly be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the publication untitled Tai Chi: Health for Life can be fine book to read. May be it might be best activity to you.

#### **Katie Harper:**

The book untitled Tai Chi: Health for Life contain a lot of information on the idea. The writer explains the woman idea with easy approach. The language is very clear and understandable all the people, so do not really worry, you can easy to read that. The book was authored by famous author. The author will take you in the new age of literary works. You can easily read this book because you can please read on your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can start their official web-site in addition to order it. Have a nice learn.

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