

The Tai Chi Bible: The Most Comprehensive Guide to Tai Chi Ever Written



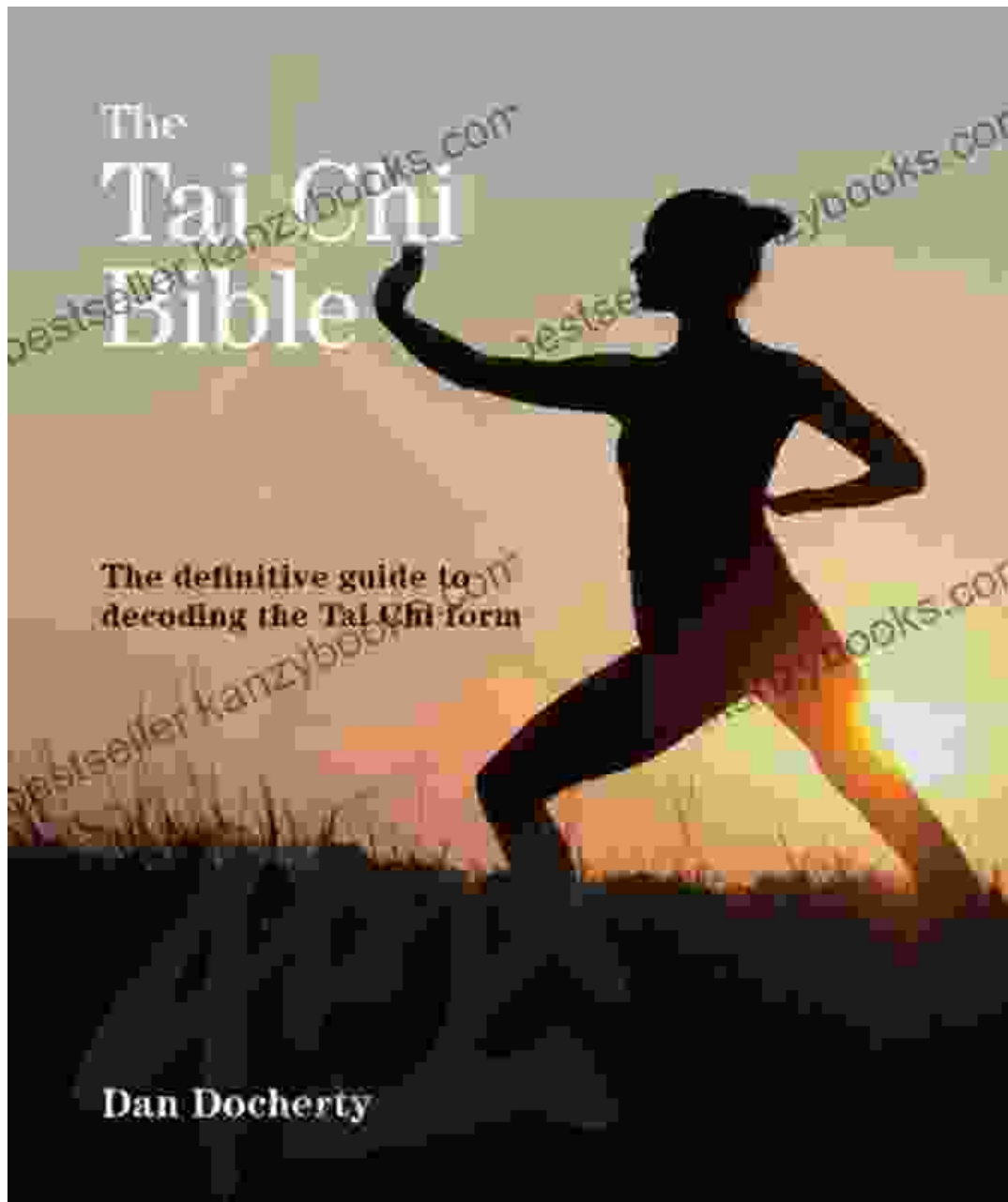
The Tai Chi Bible: The definitive guide to decoding the Tai Chi form (Godsfield Bible) by Dan Docherty

★★★★☆ 4.1 out of 5

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Word Wise : Enabled
Print length : 598 pages



By Dr. Yang, Jwing-Ming



The Tai Chi Bible is the most comprehensive and authoritative guide to Tai Chi ever written. Written by Dr. Yang, Jwing-Ming, a world-renowned Tai Chi master and teacher, this book covers everything you need to know about Tai Chi, from its history and philosophy to its practical applications.

In this book, Dr. Yang provides clear and detailed instructions for all of the major Tai Chi forms, including the Yang style, the Wu style, and the Chen

style. He also explains the principles of Tai Chi and how to apply them to your own life. Whether you are a beginner or an experienced practitioner, The Tai Chi Bible is an essential resource that will help you to deepen your understanding and practice of Tai Chi.

Here are just a few of the things you will learn in The Tai Chi Bible:

- The history of Tai Chi
- The philosophy of Tai Chi
- The principles of Tai Chi
- The major Tai Chi forms
- How to apply Tai Chi to your own life

If you are interested in learning more about Tai Chi, then The Tai Chi Bible is the perfect book for you. This book is a comprehensive and authoritative guide to Tai Chi that will help you to deepen your understanding and practice of this ancient art.

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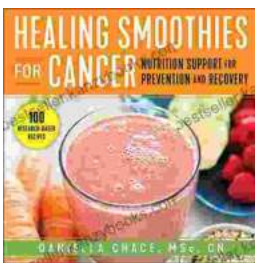
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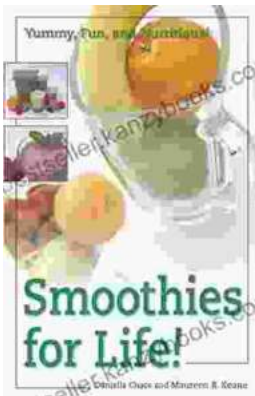
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