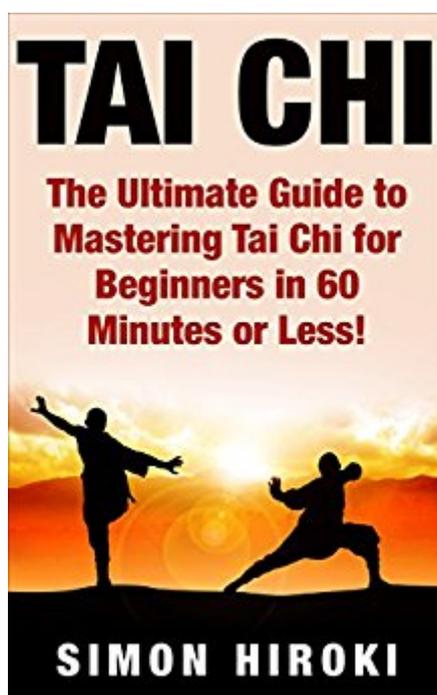


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Tai Chi: The Ultimate Guide To Mastering Tai Chi For Beginners In 60 Minutes Or Less! (Tai Chi - Tai Chi For Beginners - Martial Arts - Fighting Styles - How To Fight - Chakras - Reiki)



Book Information

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Customer Reviews

disappointed. it talks about attitude, but not about any examples of exercises by showing what they are.

This was a good book to help you get the understanding of Tai Chi fighting is the book has an easy to follow a guide , just wish it would show some pictures. the book explains all the power point of the moves this book is a great book for anyone to learn to master Tai Chi.

This is a good book for beginners like myself. Hiroki, shares some very useful techniques and skills that I am sure I will be bringing to my own practices. I believe that this is truly a good start for anyone who is looking to start the art of Tai Chi!

Great book, I knew Tai Chi was a Matial Art but didn't realize it helped with posture and meditation

as well. Great to find out the origins as well. Great practical exercises and wonderful to find out how it all links together with meditation and Taoism

This book helped me to better understand what Tai Chi is and how it will benefit someone. It did not simply stress the health benefits but really explained benefits I hadn't thought about. It also includes several beginning exercises. Thank you!

This really is extremely effective information for understanding the basic principles of Tai Chi. It's truly interesting thrilling to understand Tai Chi. But also for beginner much like me requires a simple understanding of this.

Tai Chi is very intriguing to me. Never really knew what it was until I got this little kindle for free!
Pretty impressive

The book was great for me being a beginner. This book has the basics and shows you exactly how to achieve mental and physical balance in your body. Please get one, worth buying

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