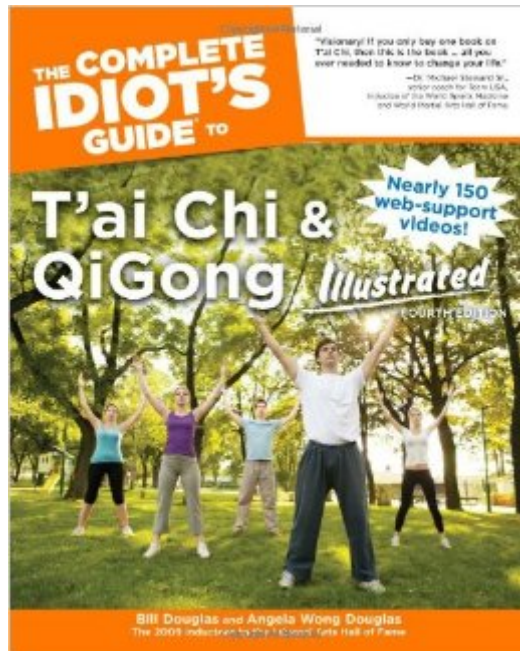


The book was found

The Complete Idiot's Guide To T'ai Chi & QiGong Illustrated, Fourth Edition (Idiot's Guides)



Synopsis

Nearly 150 web videos support this new fourth edition of The Complete Idiot's Guide to T'ai Chi & QiGong's richly detailed 300 illustrations, giving it a highly effective how-to focus. Tai Chi is a gentle extremely low-impact movement and meditation program that slows the aging process and enhances the body's natural healing powers. It is proven to lessen anxiety and depression, while burning calories, and building muscle and bone mass. Medical research is proving Tai Chi can help with a host of physical and mental health issues, including: hypertension, type 2 diabetes, heart disease, boosting the immune system, chronic pain, and this book's author is the Tai Chi instructor for both the University of Kansas Hospital Turning Point program and the University of Kansas Medical Center.

Book Information

Series: Idiot's Guides

Paperback: 320 pages

Publisher: ALPHA; 4 edition (October 2, 2012)

Language: English

ISBN-10: 1615642102

ISBN-13: 978-1615642106

Product Dimensions: 8.1 x 0.7 x 10.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (72 customer reviews)

Best Sellers Rank: #81,209 in Books (See Top 100 in Books) #23 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #131 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #505 inÂ Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

Customer Reviews

Bill Douglas and his wife have done a great service with the new edition of their book on Tai Chi. The book contains URL addresses that allow you to select, download and run visual demonstrations of all the tai chi moves. This is much more useful and easier to follow than other books with still photos and illustrations. And more useful than having a DVD along with a book, because the reference points for web interface are at logic points in the text. Also the artist's illustrations of every tai chi move in sequence is much more informative than any I've seen in other books. I also found Bill's text very informative and useful with much detail not covered in other books on the

subject. Highly recommend this book. I got the e-book version for Nook and found that when I used the Nook app on my laptop I could easily bounce from text to web demonstrations and illustrations.

I was excited to order the book, which does contain excellent information about Qi Gong and T'ai Chi, but had difficulty connecting to the website with the videos. The author contacted me within a day with some helpful suggestions. This was truly impressive, and I appreciate his immediate response. With his help I was able to get to the website and see his videos. They are stunning - beautifully crafted, and extremely informative. My initial rating of two stars is now an enthusiastic five stars. I highly recommend the book and encourage you to check it out. Thank you, Bill, for sharing this wondrous gift with us.

I bought this book hoping that it would help me understand Tai Chi without assuming that I was a Shaolin monk (and the requisite knowledge base of years of study). It didn't disappoint. If you're looking for an easy to read, beginner friendly introduction to the various aspects of this art, I would highly recommend it. The videos that you can access online in conjunction with the text are a big help for me as I learn the forms. I've looked at (and bought) other books on the subject, but as a beginner they can sometimes be harder to apply, whereas Bill explains things in an easy to apply, friendly style. As a stepping stone to the art and practice of Tai Chi, especially to understand the internal aspects, this book is a great start.

It really explains the history of Tai Chi as well as the purpose makes it easy to follow and the video guide just completes the whole package would go to this masters classes anytime

I studied Tai Chi for 10 years and then my teacher moved away and my arthritis became so severe that I gave up and quit. This book brought me back and I am faithfully doing Tai Chi now again on my own, using the book as a teacher. I have had to modify some of the movements to accommodate my arthritis, but I already have noticed an improvement in it and I need fewer pain pills than I took formerly. This is a book for people of all ages and abilities, and I keep it at hand so I prop it open and follow it. I recommend it to anybody who wants his or her life to improve in many ways.

In the front of this book Team USA Senior Coach Michael Steward said that this was the best Tai Chi book out there, and the USA Tai Chi Forms Grand Champion wrote that it made complex

concepts easy to understand. I can see why they said these things. With nearly 150 Web-Video-Support videos complimenting the over 300 detailed illustrations, this book is way beyond any instructional book I've ever seen. This is a great value for a book/video package like this. I highly recommend it.

Good reference book for beginners to advanced. I study in a good school, but this helps to firm what my instructors teach.

I'm enjoying this book more and more. I had been doing Tai Chi at home for a couple months, and this book helped me get more out of my practice. It's probably not necessary to buy into the whole philosophy behind Tai Chi, but I like having the information anyway. Some people will be turned off by the pseudoscience/ethereal stuff, but tai chi, whether you like it or not, has its roots in ancient traditional Chinese medicine. All in all, the book delivers what it promises.. The video links are a nice perk too.

[Download to continue reading...](#)

The Complete Idiot's Guide to T'ai Chi & QiGong Illustrated, Fourth Edition (Idiot's Guides) 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) Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners) The Complete Idiot's Guide to Conversational Sign Language Illustrated (Idiot's Guides) The Complete Idiot's Guide to PC Basics, Windows 7 Edition (Complete Idiot's Guides (Computers)) The Complete Idiot's Guide to Solar Power for Your Home, 3rd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Handwriting Analysis, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Pool And Billiards, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Methods of Zhineng Qigong Science (Teaching Zhineng Qigong) (Volume 1) The Complete Idiot's Guide to LinkedIn (Complete Idiot's Guides (Computers)) The Complete Idiot's Guide to Using Your Computer - for Seniors (Complete Idiot's Guides (Computers)) The Complete Idiot's Guide to Amigurumi (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Bipolar Disorder (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Writing Erotic Romance (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Kabbalah (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide Numerology

Workbook (Complete Idiot's Guides (Lifestyle Paperback)) Qigong Meridian Self Massage - Complete Program for Improved Health, Pain Annihilation, and Swift Healing (Chi Powers for Modern Age Book 5) Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised The Complete Idiot's Guide to Low-Sodium Cooking, 2nd Edition (Idiot's Guides)

[Dmca](#)