



# **Tai Chi: Amazing Manual to Mastering Tai Chi and Fighting Stress (Tai Chi, Tai Chi books, tai chi for beginners)**

*Dennis Gross*

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It is unlikely that you have never heard of Tai Chi. But it is equally unlikely that you have a full understanding of what it is, where it comes from and how it works. If your goal is self-improvement of any kind, you may well find that Tai Chi offers everything you could hope for!

## Tai Chi has applications for the following:

- Self-defense
- Improving physical fitness
- Weight loss and promoting healthy bodily systems
- Combating stress, depression and anxiety
- Improving cognitive function
- Developing spirituality
- Improving creativity

With a rich history that is seeped in traditional Chinese culture and medicinal techniques, as well as spirituality, Tai Chi has stood the test of time as a practice with continued relevance throughout the ages. It has enjoyed a surge in popularity in recent times, owing to the increasingly stressful demands of modern life and the sad decline into superficiality of large parts of society.

## This book will give you answers to the following questions:

- What is Tai Chi, and how does it work?
- What are the fundamental principles of Tai Chi?
- What are some of the key concepts in learning Tai Chi?
- How can I incorporate Tai Chi into my busy lifestyle?

With the inclusion of some basic guidance on the first set of poses and movements you will learn in studying Tai Chi, this book serves as the perfect introduction into a life-changing art form that you will be glad you took the time to try for yourself!

## Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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