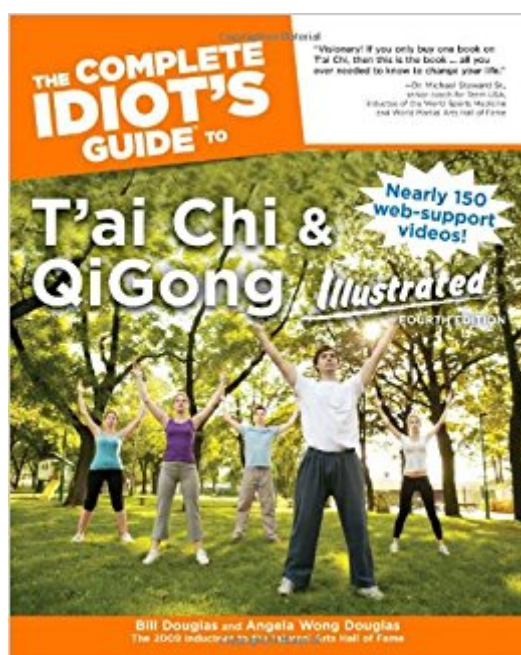


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# The Complete Idiot's Guide To T'ai Chi & QiGong Illustrated, Fourth Edition (Idiot's Guides)



## 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

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## Customer Reviews

"Sometimes Chinese culture can be difficult to explain. Sifu Bill Douglas successfully uses American culture to explain the art of T'ai Chi Chuan. He simplifies difficult concepts, making them easier to understand. This book takes the best parts of T'ai Chi and makes them understandable [to Westerners] without requiring a grounding in Chinese culture and history." â Sifu Yijiao Hong, USA All-Tai Chi Grand Champion and USA Team member; Certified International Coach and Judge, International Wushu Federation "Douglas has achieved for QiGong what Apple did for the computer. He's brought it to the people â | great place to start for beginners. â | Teachers may also find this an

excellent manual 'on how to explain these concepts to the general publicâ" â R. Poccia, stress management instructor, Beyond Anonymous, San Francisco "Visionary! If you only buy one book on T'ai Chi, then this is the book. This book is all you ever needed to know to change your life. I have taught T'ai Chi for several decades myself, yet I have now read Bill's book from cover to cover seven times, and still get something new from it each time." â Dr. Michael Steward Sr., D.MA, Ph.D., MA, Senior Coach for Team USA, Inductee of the World Sports Medicine and World Martial Arts Hall of Fame

BILL DOUGLAS has taught Tâai Chi and QiGong at medical universities and major corporations, is an authority on Tâai Chi and QiGong, and has been featured in interviews by The New York Times and media worldwide. Twenty years of study in Tâai Chi and QiGong led Bill to study Traditional Chinese Medicine before releasing his world-acclaimed video/DVD program, Tâai Chi and QiGong: The Prescription for the Future, worldwide. The program and Billâs other SMARTaichi products are available for purchase in this book. His website is [www.taichismart.com](http://www.taichismart.com).

it really explains the history of tia 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'm lucky to be a student in one of Bill's classes. I truly respect his open minded approach to T'ai Chi and QiGong. He wants to make this practice accessible to everyone. As I continue to play T'ai Chi, I discover there is no end to learning - just deepening. Since I can't take Bill home in my pocket, I find this book the next best thing. It's full of information and resources that I keep coming back to. When I began to learn the long form, I used the 3rd edition and its DVD. It was helpful. I still use it some. But I absolutely love the video support for this 4th edition where you have the excellent illustrations and moving demonstration side by side. So easy! And it goes anywhere my iPad goes. So you can use it in a room or in a porch or yard where you have room to move freely. The benefits of T'ai Chi are well researched. Personally, I just feel better when I do it and it's enjoyable. Thanks Bill for the enormous amount of thought and time that has gone into making the learning so attainable. Even for a senior !

Finally the best book to practice. I started while working in East Africa, simply following the book instruction and the videos. Later on, I tried about 10 other books and several seminars. During one of those I spent 4 days working on a single mouvement. I gave up of boredom. I took me several

months to get back to this first book. Nothing beats this sole book. Perfect for a start.

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

is the first book on this subject that I have purchased. I have read others. I purchased this book because I want to return to it again and again for the wealth of information that it contains, and I believe you will as well. The language is concise and the author explains some otherwise difficult concepts and information in a clear way for this Western-influenced thinker. Whether you are a beginner or an advanced student you will find valuable information in this book. The price is right for a book that contains so much; the web based enrichment alone is worth the cost. If you are looking to start your practice or to deepen it, this book will meet you where you are.

Best guide to T'ai Chi & QiGong. access to the videos make this book special. Thank you Bill and Anfela Douglas

Good introduction to the subject. This would be good for someone who doesn't know anything about Qigong, since the narrative goes slowly, covering all aspects under numerous headings. There are explanations on movements, diagrams,. lots of extraneous writing for the novice to ease him/her into the study since westerners are not acquainted with the study of why, and how to do the movements.

This was my first intro to Tai Chi and I really enjoyed it. The online support is fun--I can spend hours there!

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