



EASIER THAN T'AI CHI CH'UAN T'AI CHI CHIH! (JOY THRU MOVEMENT T'AI CHI CHIH)

JUSTIN F. STONE

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PB. JOY THRU MOVEMENT. WITH FOREWORD BY TAI CHI MASTER WEN-SHAN HUANG.

THIRD PRINTING FEBRUARY 1980- ONLY 2000 COPIES WERE PRINTED. Satori Resources, Santa Barbara, CA, U.S.A. [published date: 1980] Softcover 133 pages, B/W photos throughout. The movements are said to be potent aids to good health, serenity, and longevity, according to ancient Chinese Wisdom. Any six of the movements in this book, repeated according to instructions, should arouse, circulate, and balance a good deal of the Intrinsic Energy known as CHI. Also included in the book are instructions for a Meditation Practice as well as the six Healing Sounds (with movement) used by Taoist Sages when they went to the mountains or forests to practise

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From reader reviews:

Gerald Touns:

The publication untitled EASIER THAN T'AI CHI CH'UAN T'AI CHI CHIH! (JOY THRU MOVEMENT T'AI CHI CHIH) is the guide that recommended to you to study. You can see the quality of the guide content that will be shown to you actually. The language that article author use to explained their ideas are easily to understand. The author was did a lot of research when write the book, to ensure the information that they share to you is absolutely accurate. You also could possibly get the e-book of EASIER THAN T'AI CHI CH'UAN T'AI CHI CHIH! (JOY THRU MOVEMENT T'AI CHI CHIH) from the publisher to make you much more enjoy free time.

Warren Ford:

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