



T'Ai Chi Chih!: Joy Thru Movement

Justin F. Stone

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Pairing time-lapse photography with concise commentary, this photo-text offers complete instruction in the simple yet utterly profound movements. Additional essays on the background and philosophy of T'ai Chi Chih are quite illuminating. This meditative T'ai Chi Chih discipline circulates and balances our internal energy (the Vital Force or chi), helping alleviate excess stress, aiding in relaxation, and improving our health, creativity, performance, and intuition.

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