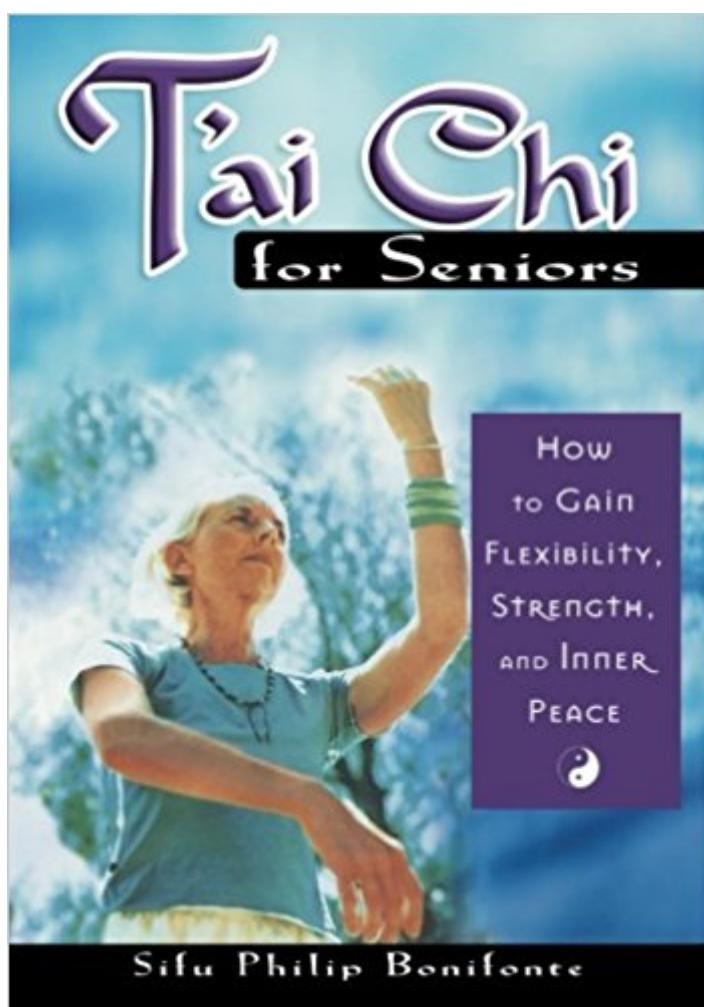


The book was found

# T'Ai Chi For Seniors: How To Gain Flexibility, Strength, And Inner Peace



## **Synopsis**

This book gives you all the information you need to undertake a safe, health-improving exercise regimen. These ancient Chinese exercises are fun and low impact and help to alleviate the pains of arthritis, fibromyalgia, carpal tunnel syndrome, and many other "senior" diseases. The book presents an overview of the practice of t'ai chi-from the principles of the movements to the history of the art itself. It discusses various positions and helps you understand what you can hope to accomplish. Plus, methods outlined in this guide can be performed standing or seated with no previous experience necessary, and taking into consideration limited range of movement. All exercises are presented in an easy-to-learn style, with true stories illustrating the benefits that other mature adults have gained from these practices. Whether you are just beginning t'ai chi or simply looking for a supplemental text to use out of class, this is your guide.

## **Book Information**

Paperback: 216 pages

Publisher: Career Press (January 1, 2004)

Language: English

ISBN-10: 1564146979

ISBN-13: 978-1564146977

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 17 customer reviews

Best Sellers Rank: #490,311 in Books (See Top 100 in Books) #39 in Books > Health, Fitness & Dieting > Aging > Exercise #184 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #971 in Books > Religion & Spirituality > Occult & Paranormal > Magic Studies

## **Customer Reviews**

This book is fantastic. I purchased this because I have serious degenerative arthritis in just about every joint. Tai Chi is the best way to realign your body, this info was from arthritis specialists, pain management specialists and the most remarkable physical therapist I've ever had the honor to know. He took to the book and its teachings so much that I made a gift of it to him. He applies these methods to just about every patient he helps. Now, I've got to buy me another one!

This is my "go to" Tai Chi book for general information and explanation in and simple and

approachable way.

Should be required reading from PCP, chiropractors, etc

It doesn't contain step by step pictures on how each movement is performed. So far I have not found it as helpful as I thought it would be.

great source for someone who is dealing with parkinsons disease.....recommended by a homiopathic physician friend of mine when I was having a great deal of trouble

I teach T'ai Chi and thought the warm up was very good and the rest impossible to follow.

It was ok. some illustrations were good to follow but I would rather be in a live class. It should have had some better picture illustrations.

We plan on using this as our guide in our senior residence

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

T'Ai Chi for Seniors: How to Gain Flexibility, Strength, and Inner Peace Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) 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) The Power of Ashtanga Yoga: Developing a Practice That Will Bring You Strength, Flexibility, and Inner Peace--Includes the complete Primary Series Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility, and Pain Relief Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength Inner Peace and Happiness: How to Find Inner Strength and Clear Your Mind Instant Healing: Gain Inner Strength, Empower Yourself, and Create Your Destiny Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Baby Boomers and Seniors Free Yourself from Harm and Danger (Baby Boomers and Seniors - Free Yourself from Harm and Danger Book 1) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors,

Low Impact Exercise Book 1) Diabetes Diet And Microwave Cookbook For Seniors Updated & Revised For 2016 Complete With Weight Loss Guide For Seniors MacOS Sierra for Seniors: The perfect computer book for people who want to work with MacOS Sierra (Computer Books for Seniors series) Never Relapse Into Watching Porn Again: A Deep Inner Game Guide To Building Your Inner Strength and Reaching The 90-Days Porn Free Streak Living from Your Center: Guided Meditations for Creating Balance & Inner Strength (Inner Vision Series) Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) Inner Peace - Adult Coloring Books: Beautiful Images Promoting Mindfulness, Wellness, And Inner Harmony (Yoga and Hindu Inspired Drawings included) Codependency Recovery: Wounded Souls Dancing in the Light: Book 1: Empowerment, Freedom, and Inner Peace Through Inner Child Healing 5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing Fast (Chi Powers for Modern Age Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)