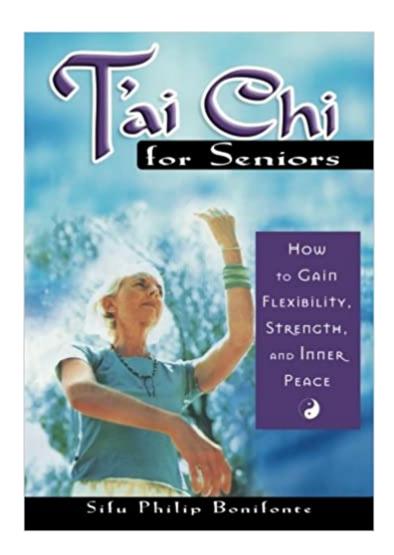


The book was found

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 your guide.

Book Information

Paperback: 216 pages

Publisher: Career Press (January 1, 2004)

Language: English

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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 A A Books > Health, Fitness & Dieting > Aging > Exercise #184 inà Â Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #971 inà Â 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 every had the honor to know. He took to the book and it's 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 minewhen 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 illistrations were good to follow but I would rather be in a live class. It should hav had some better picture illistrations.

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

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