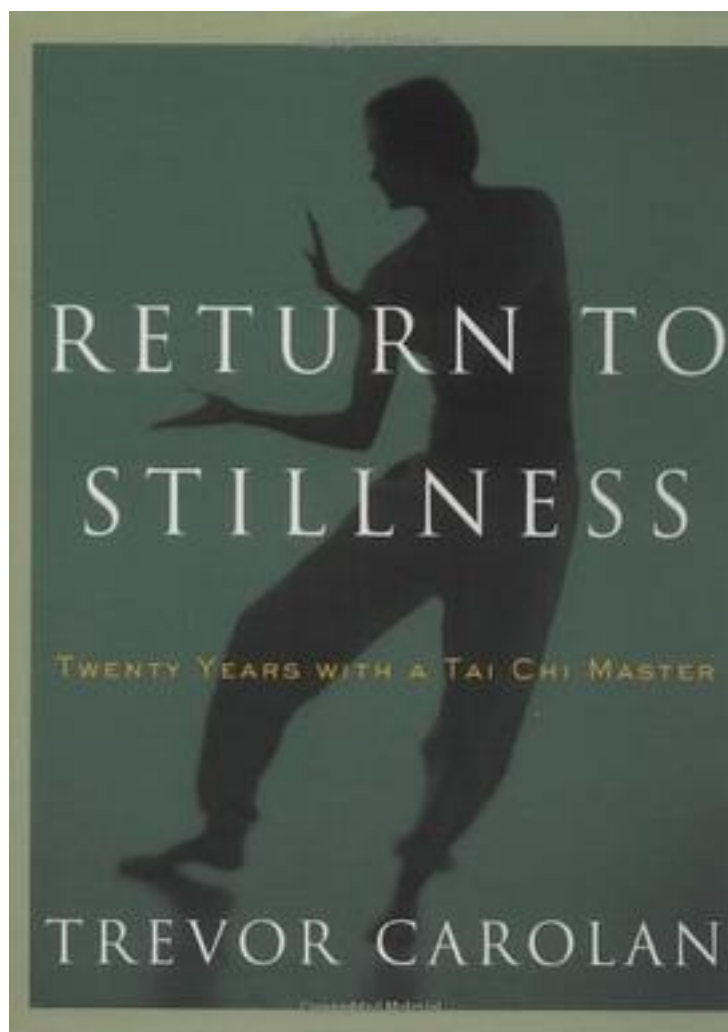


Return to Stillness



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Trevor Carolan studied Tai Chi, meditation, and traditional Chinese healing for

twenty-three years under the guidance of the late Master Ng Ching-Por in Vancouver's Chinatown. Over his many years of practice and learning, Carolan absorbed the wisdom that comes from studying so closely with a master teacher. Now, in *Return to Stillness*, he offers what the Japanese call "palm of the hand" tales: thirty brief chapters that explore the essential motivations that inspired him to adopt the path of Tai Chi and persevere in its practice. By connecting the spiritual aspects of Tai Chi to its technical and martial elements like breathing, dealing with frustration and competitive urges, and then ultimately to its roots in the great harmony of the Tao, Carolan gracefully conveys the insight, humor, life lessons, and wisdom inherent in the study of this ancient discipline.

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