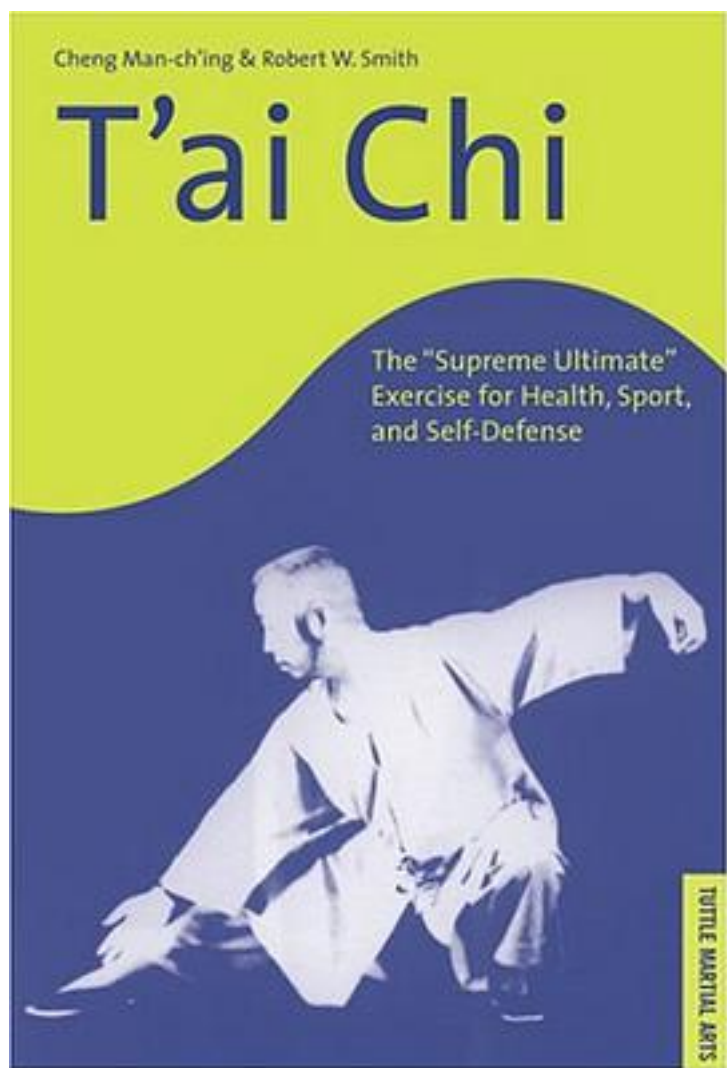


# T'ai Chi



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A comprehensive text that includes a study of the origins and history of Tai Chi, a detailed analysis of its philosophy and relationship to Western philosophy, the I Ching and the Tao te Ching, and to Yoga and Zen. Includes information about breathing, health and Chinese medicine, as well as several hundred detailed photographs showing application of the positions.

作者介绍:

目录:

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