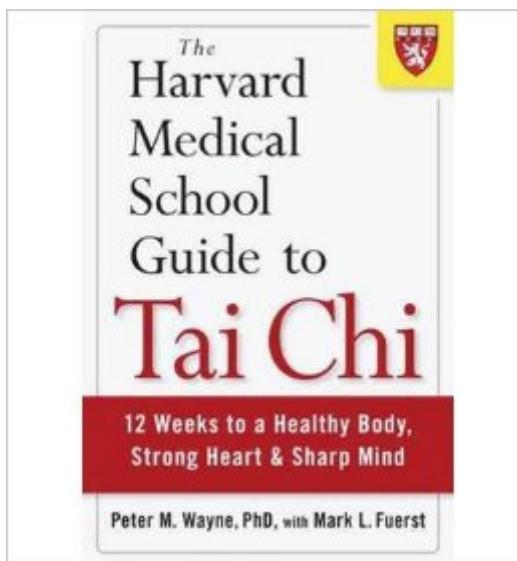


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# **The Harvard Medical School Guide To Tai Chi: 12 Weeks To A Healthy Body, Strong Heart, And Sharp Mind (Harvard Health Publications) (Paperback) - Common**



## Synopsis

Conventional medical science on the Chinese art of Tai Chi now shows what Tai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that Tai Chi also has a beneficial impact on the health of the heart, bones, nerves a...

## Book Information

Paperback: 240 pages

Publisher: Shambhala Publications Inc (2013)

ASIN: B00FDVJPIY

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well written and researched.. Enjoy giving this book to relatives and friends.

Good reference material for the practitioner.

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