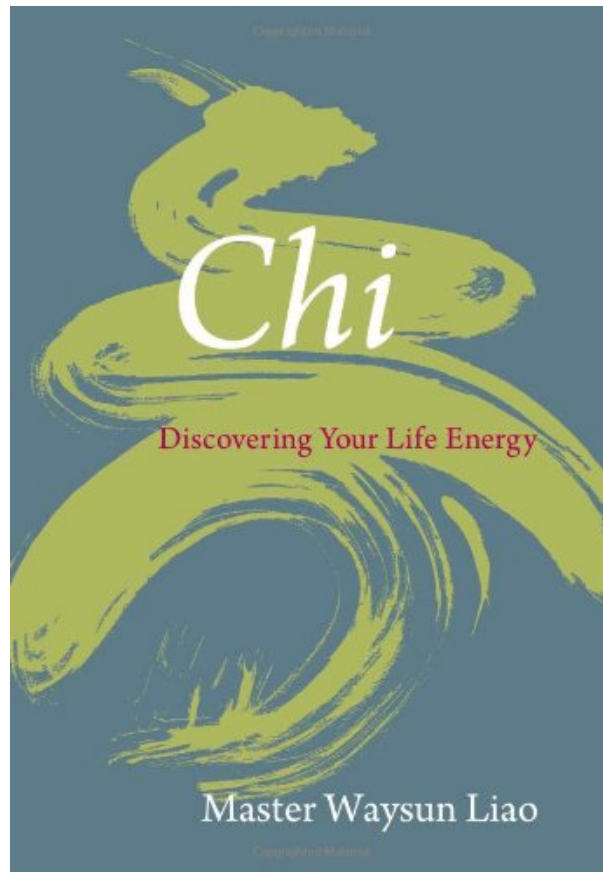
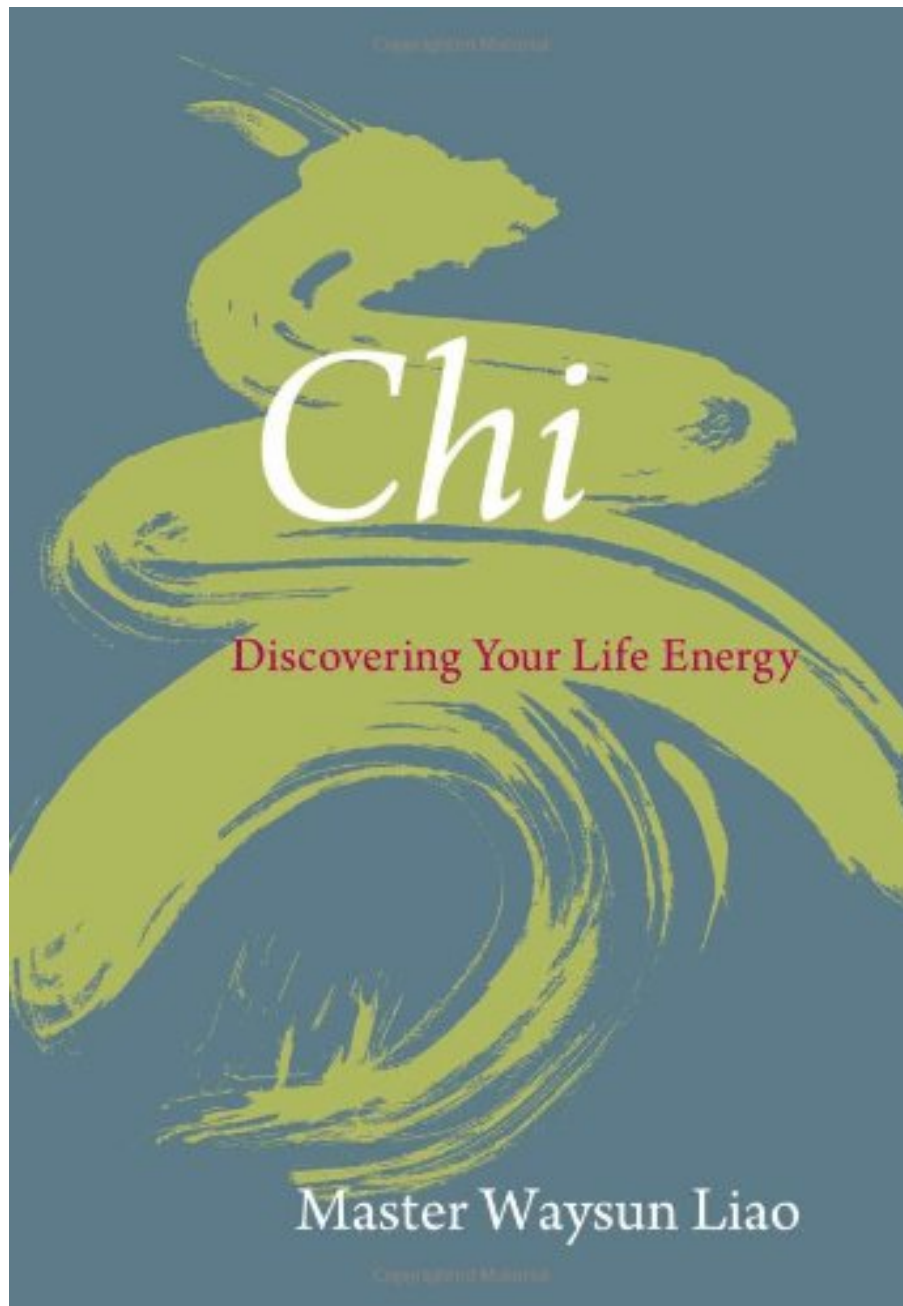


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About the Author

Master Waysun Liao studied t'ai chi in a Taoist temple in his native Taiwan from the age of twelve. He is the founder and master of the Taichi Tao Center in Oak Park, Illinois, where he has taught for nearly forty years.

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Chi is the invisible energy of life that flows in and around us throughout the universe. Used skillfully, it can have a remarkable effect on health and vitality—to the degree that you'd be tempted to call it magical, if it weren't so completely natural. Here is a perfect introduction to chi that explains in a direct and simple way what it is and why it is essential to a healthy and vital life. It provides an easy-to-understand explanation of chi, and then helps readers recognize, develop, and strengthen their own chi through specific breathing techniques and basic exercises, all demonstrated by the author.

There are many books on chi development through t'ai chi and qigong practice, but this one goes deeper to enable you to understand the fundamental principles as you cultivate it. This book is a reference for alternative health professionals such as acupuncturists and shiatsu therapists and their patients, as well as for anyone who practices t'ai chi, qigong, aikido, and other chi-based martial arts.

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About the Author

Master Waysun Liao studied t'ai chi in a Taoist temple in his native Taiwan from the age of twelve. He is the founder and master of the Taichi Tao Center in Oak Park, Illinois, where he has taught for nearly forty years.

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Obviously it's the reader's choice to consider or not, those parts of the book. But I had to report. In general it's a must have book, very helpful and if you're up to the challenge make sure to read the next 2 books. T'ai Chi Classiscs, and The Essence of T'ai Chi.

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