



The Essence of T'ai Chi (Shambhala Pocket Classics)

Waysun Liao

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The deepest benefits of T'ai Chi cannot be realized without an understanding of its underlying principles. This book presents these principles through translations of three core classics of T'ai Chi that are often considered the "T'ai Chi Bible," accompanied by the author's insightful commentary. Master Liao demonstrates how to increase the body's inner energy (*ch'i*) and transform it into power, health, and well-being.

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