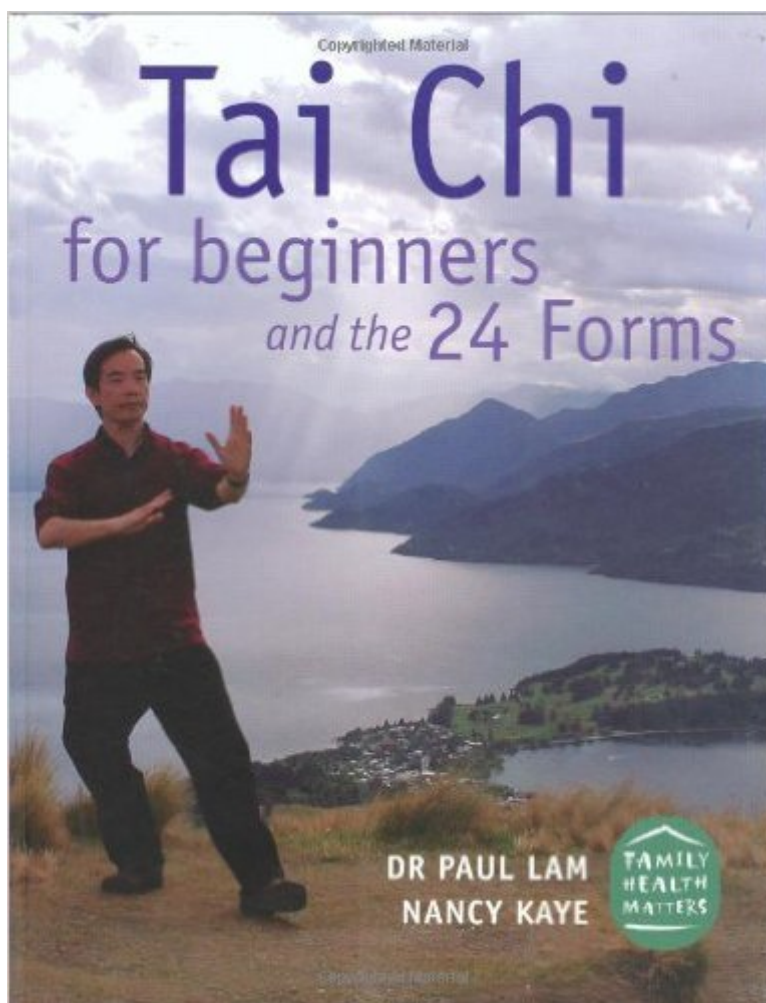


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# Tai Chi For Beginners And The 24 Forms



## Synopsis

Beautifully illustrated with 330 professional photos to enhance the easy to follow Tai Chi instruction from world renowned Tai Chi Master and Family Physican, Dr. Paul Lam.. Beginning with Six Easy Steps and progressing to Yang 24 Forms ( the world's most popular tai chi form ), Dr Lam teaches authentic Tai Chi for health, wellness and longevity. He explains how tai chi improves health in general as well as specific conditions. Encouraging the reader to approach Tai Chi in a spirit of enjoyment and adventure, Dr. Lam helps the reader build a solid foundation for easy transition to a high level of tai chi. This book is for beginners as well as for those who are already learning and enjoying the ancient art which is clinically proven to be a powerfully effective tool in improving health, fitness and relaxation. Within this book, Dr. Lam provides an easy step-by-step guide to an enjoyable form of exercise that will last a life time.

## Book Information

Paperback: 207 pages

Publisher: Tai Chi Productions; 1 edition (January 1, 2006)

Language: English

ISBN-10: 0977536114

ISBN-13: 978-0977536115

Product Dimensions: 9.1 x 7.2 x 0.6 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (46 customer reviews)

Best Sellers Rank: #98,411 in Books (See Top 100 in Books) #39 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #187 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#)

## Customer Reviews

I came across this book in my doctors office while in for a fibromyalgia follow up. I was captivated by it, absolutely captivated. The quality of the pages in this book is awesome. The lesson illustrations are gorgeous and comprehensible (see the image I uploaded for an example page). My doctor is a 1-year student, and we talked about how it might help me with my fibro issues. Coincidentally (?) the New York Times had just published an article on August 18th, 2010 about how tai chi has been found to help fibro patients. An excerpt is here: "A clinical trial at Tufts Medical Center found that after 12 weeks of tai chi, patients with fibromyalgia, a chronic pain condition, did significantly better in measurements of pain, fatigue, physical functioning, sleeplessness and depression than a

comparable group given stretching exercises and wellness education. Tai chi patients were also more likely to sustain improvement three months later."([...])I really hate the need I have to take powerful meds and narcotics to control my symptoms, and I'm hoping Tai Chi can replace some, if not all, of them. So I bought the book, signed up for a 10 week beginner class with my doctors instructor, and I can't wait to get started. I'll definitely be using this book in my practice sessions at home to gain proficiency with the moves. A word of warning - this book is definitely for the first timers and relative newbies. I wouldn't recommend it for intermediate or advanced students. Unless you just want to have it in your collection or in your office for others to see.

This book is very helpful for learning the 24 forms of Tai Chi. It is full of detailed photos and descriptions that make each form easy to learn. Lam is considered one of the masters of Tai Chi. I find this form of Tai Chi to be graceful and healing. I'd recommend it to anyone who wants to learn Tai Chi.

This is a great book for anyone who wants to use tai chi to relax and heal their bodies, minds, and spirits. It will help you to center on your breathing and learn the most commonly practiced style of tai chi in the world. This book emphasizes that tai chi can be practiced by people in all walks of life and not only experts. It explains how the unblocked flow of chi in the body can vastly improve all aspects of your life. You don't have to be a master to feel the benefits, and this book explains how tai chi can be a great model for self-care. Tai chi is gentle yet very powerful if practiced regularly, and this book is a good start for anyone.

This book explains it like you're a five-year-old without being condescending. I live in an extremely rural area and wanted to learn and practice Tai Chi for improving my health. I can do it! and all by just reading it and practicing it step by step. I realize there's a lot more to be gleaned from an instructor, but this book helps a lot.

This may be the best book about Yang 24. It is well written and has great photos. The best way to learn tai chi is with a qualified instructor but this book is good for beginners or someone trying to hone his/her skills.

This book is excellent and I recommend it to anyone who is planning to purchase any Tai Chi DVD or contemplating to start any Tai Chi program. It is essential to understand the inner working of the

forms before one starts Tai Chi and Dr. Lam explains it very well. It will be a lot easier to follow the DVD after the book is read.

I bought this book to go with Tai Chi for Beginners: 8 Lessons with Dr Paul Lam, also available from . They complement each other nicely. I have other books by Dr. Lam, which I have not thought as good as other books I have, but the combination of this book with the videos is quite useful. And seeing him in the videos gives a completely different impression of him than I had gotten from his books--the videos are worth the price just to watch such a gentle and delightful man. As the book and the video state, they are for beginners. But they are good for beginners.

In clear photographs the author demonstrates the essence of each of the the moves for each form. One follows through to the end of the short (24) forms. I've been working (and playing) tai chi for about a year with a great teacher, and this book is an excellent accompaniment to a great experience. I highly recommend it.

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