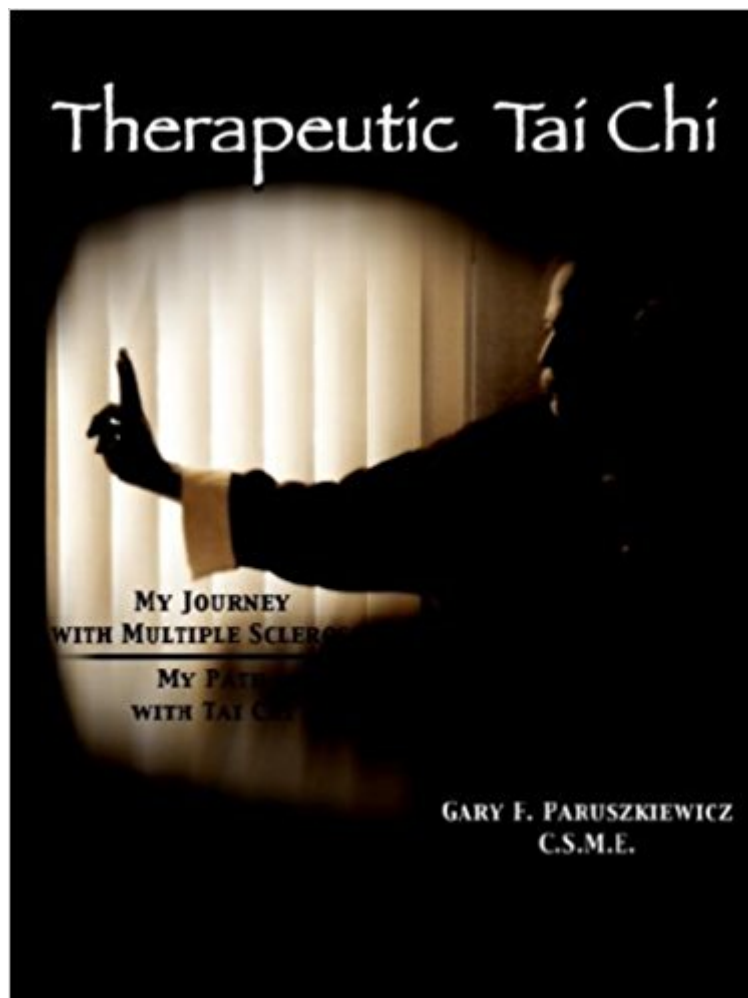




The book was found

Therapeutic Tai Chi: My Journey With Multiple Sclerosis My Path With Tai Chi



Synopsis

Therapeutic Tai Chi is a gentle form of daily physical activity, developed with medical experts and physical therapists, that is based on the ancient forms of Tai Chi Ch'uan. Therapeutic Tai Chi is the tool used by the author to rise above crippling Multiple Sclerosis. The book includes over fifty gourmet recipes from the "Chef Garibaldi" cookbook. Each chapter is fully illustrated with photography that details the movements.

Book Information

Paperback: 220 pages

Publisher: AuthorHouse (February 3, 2006)

Language: English

ISBN-10: 1425911803

ISBN-13: 978-1425911805

Product Dimensions: 8.3 x 0.5 x 11 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,007,439 in Books (See Top 100 in Books) #123 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis](#) #411 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #2179 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#)

Customer Reviews

This is a very inspiring book which describes how the author healed himself and got out of the wheelchair. His program consists of Taichi, meditation, Qigong, Yoga, Stress management and good nutrition. A terrific program as mentioned by the previous reviewer. Gary is also very kind and answers your emails. I hope he produces a dvd of his program as it is not easy to learn the Taichi from the book or from the youtube videos. Going for Tai chi classes and asking the teacher for help to follow this program would be best.

The author has a terrific program. I'm very glad he wrote this book. He needs a better editor. Ferreting out the needed info requires dedication. And there are many typos. There may even be some confusion between left and right in the directions for one movement. I recommend the book and program with the caveat to pay close attention.

[Download to continue reading...](#)

Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) E Tai Chi (The Complete Book): The World's Simplest Tai Chi Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi Demystified: 6 Must Have Concepts to make Tai Chi Internal Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis Multiple Sclerosis - Diet for Recovery: The Multiple Sclerosis Autoimmune Disease Recovery Diet Guide for Beginners MULTIPLE SCLEROSIS: A Fresh Approach To Dealing With Multiple Sclerosis Multiple Sclerosis Many Stories Many Symptoms: A book written by people living with Multiple Sclerosis, about how they deal with the challenges they face. Tai Chi Journey Secrets of the Tai Chi Circle: Journey to Enlightenment Yoga and Multiple Sclerosis: A Journey to Health and Healing The Dog Story: A Journey into a New Life with Multiple Sclerosis Multiple Sclerosis: A New Journey So, You Have MS. Now What?: My Personal Journey with Multiple Sclerosis Beijing Tai Tai: Life, laughter and motherhood in China's capital Therapeutic Exercise (Therapeutic Exercise Moving Toward Function)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)