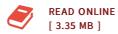




The Manual of Bean Curd Boxing: Tai Chi and the Noble Art of Leaving Things Undone (Paperback)

By Paul Read

Lulu.com, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Manual of Bean Curd Boxing is a book that introduces us to a new perspective on Tai Chi and 21st Century Living. Step by Slow Step, this manual shows: * How to reach out and grasp life with more energy, with more passion and with more wisdom. * How to absorb the simple lessons of Taoism and Tai Chi into your daily activities with no sweat and no stress. * How to learn to get out of our own way, so that life can pursue its natural course * How to remain tranquil and calm under the stress of daily life and yet stay intensively connected to the world around. If you are a beginner to Tai Chi and Taoism, and new to these ancient disciplines or an Intermediate student looking for a new approach to your practise, The Manual of Bean curd Boxing will aid you in this ancient yet contemporary art of doing, without doing.



Reviews

Merely no phrases to spell out. I am quite late in start reading this one, but better then never. Your way of life period is going to be enhance once you complete reading this publication.

-- Joanie Hamill I

The best publication i ever study. It is really basic but unexpected situations within the fifty percent of your publication. Your lifestyle period is going to be enhance as soon as you total reading this article publication.

-- Ashton Kassulke