



Tai Chi for Depression: A 10-Week Program to Empower Yourself and Beat Depression (Paperback)

By Aihan Kuhn

YMAA Publication Center, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. This book is designed to help readers understand depression and make positive changes to overcome it. Dr. Aihan Kuhn teaches a unique tai chi form that combines elements of Chen and Yang styles as well as qigong and meditation. The form is easy to learn, easy to remember, and easy to practice. Dr. Kuhn s multidisciplinary approach to mental health also focuses on positive thought, a healthy diet, and self-confidence. Dr. Kuhn instructs readers on a unique tai chi form that is perfect for beginners and experienced practitioners alike. The circular movements create better energy flow in the body. The martial character empowers the mind, strengthens the body, improves stamina, and increases self-esteem. Slow, symmetrical movements promote balance and calm. This book features *Detailed instructions and photos describing Dr. Kuhn s 16-step tai chi form*Personal reflections on using tai chi to overcome depression*A 10-week plan to help readers begin their journey to wellness With this book you will *Learn about the clinical features of depression*Learn Dr. Kuhn s 16-step tai chi form*Discover the psychological, emotional, and spiritual benefits of tai chi*Begin a holistic approach to...



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