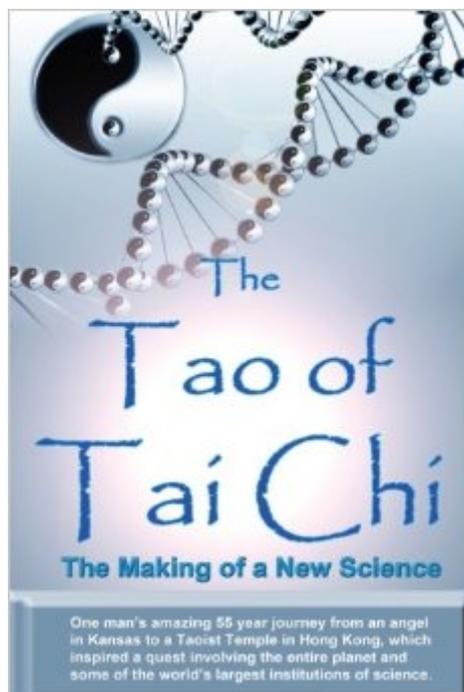


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# The Tao Of Tai Chi: The Making Of A New Science: One Man's Amazing 55 Year Journey From An Angel In Kansas To A Taoist Temple In Hong Kong, Which ... The World's Largest Institutions Of Science.



## Synopsis

This book has been lauded by mind-body and Tai Chi experts around the world as: • a visionary, • a magical, • a book the world has long needed, • a book with universal implications, • a book you can contemplate and read again and again, • a tectonic shifting point for the realization of love and compassion in the world, • a wonderful book that will obviously impact the world, • connecting art, philosophy, and science with the simple elegance of an opening flower. • Its author is a global organizer, the Founder of a global health education event celebrated annually in over 80 nations, known as World Tai Chi & Qigong Day, and World Healing Day. You may have read books on Taoism or Taoist philosophy before that inspire and expand your mind. What makes *The Tao of Tai Chi: The Making of a New Science* such a stunning work and must read is that it does not just talk the talk. Its author has literally transformed the planet by following the tenets of Taoism, and shares in this book not only how it happened to him, but how it can profoundly unfold the greatness trying to bloom through you and your life – and he assures you, and builds a solid science based case that this can happen. His nearly 60 year journey of the mind and spirit, involving travels around the world and experiences that some would call miracles, and his practical globally known impact on governments and institutions worldwide, is a stunningly entertaining story, as well as a cosmic how-to book that can shift you, your life, and the world around you. *The Tao of Tai Chi: The Making of a New Science* is a profound story of how one man used Tai Chi and Internal Arts as a model for following the prescriptions of the ancient Chinese seminal book on Taoism, the *Tao te Ching*, to not only transform his life, but to actually have a massive healing impact worldwide. Yet, it is far from one man's story. It is a book showing how the ancient book of Chinese philosophy, the *Tao te Ching*, can be a guide for everyone, and how Tai Chi and Qigong mind-body sciences can not only profoundly improve one's health, but can be powerful tools to learn how to navigate the Tao, the Way of the Universe, as described in the *Tao te Ching*. This book elegantly weaves science, spirituality, and real world events that will leave you profoundly excited about the future of humanity. It offers down to earth, practical self-help tips on how Tai Chi, Qigong, and mind-body practices can improve performance, health, mental acuity, and productivity. Yet, with the turn of a page, soars into descriptions of amazing other-worldly events the author experienced that will raise the hair on your arms and fill your heart and mind with wonder and awe. And then with the turn of another page you will find a logical science based explanation of these mystical occurrences that will leave you with an electric feeling that spirituality and science are not that far apart, and that blurring of the lines may be painting a hopeful future for all of us, a future more beautiful and auspicious than you have ever dared to dream could be possible. The

author of this bookâ€™s first best-selling Tai Chi book has been published worldwide in several languages, and he teaches and has taught Tai Chi Meditation for many of the worldâ€™s largest health systems and corporations, as well as at Folsom Maximum Security Prison. Many of his students in his live classes and those who studied using his world acclaimed DVD program have seen profound life altering benefits. A DVD he produced was provided by physicians and neurologists all across the United States to their patients. He was commissioned by Prevention Magazine to create their Tai Chi Tutorial for their article on â€˜boosting your immune system using Tai Chi,â€™ & his health education efforts have been covered by media worldwide, including: The New York Times; CNN; FOX News; The Wall Street Journal; Agence France Presse TV; Chinaâ€™s CCTV News, & BBC TV News.

## **Book Information**

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## **Customer Reviews**

The Tao of Tai Chi by Bill Douglas is a beautiful book and a rare find. As a Tai Chi practitioner and instructor I will continue to use this book as my guiding light, as it has enriched my own practice as well as my approach to teaching. This book is more about the yin, the feminine, the letting go side of practicing Tai Chi. It is written with such love and integrity that my heart continues to melt, exhaling deeper with every word. I read it slowly, rereading lines, paragraphs and chapters, trying to absorb as much of the book's yin philosophy. I highly recommend The Tao of Tai Chi to practitioners, students and instructors alike, as well as for anyone interested in learning more about Taoism, Tai Chi and their correlation.

I enjoyed reading, The Tao of Tai Chi. Douglasâ™ references to evidence-based science in his new book will help practitioners replicate the healing potential of Tai Chi. His observations on art, science, mathematics and physics are most helpful in developing an integrated view of life. Many will identify with his journey and reap the benefits of his introspective reflection. My wife and I will certainly experience a personal connection when we celebrate future World Tai Chi & Qigong Days. Dr. William (Bill) Kirtley President National Social Science Association

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