



# The Complete Idiot's Guide to T'ai Chi & QiGong Illustrated, Fourth Edition (Idiot's Guides)

*Angela Wong Douglas, Bill Douglas*

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Nearly 150 web videos support this new fourth edition of The Complete Idiot's Guide to T'ai Chi & QiGong's richly detailed 300 illustrations, giving it a highly effective how-to focus. Tai Chi is a gentle extremely low-impact movement and meditation program that slows the aging process and enhances the body's natural healing powers. It is proven to lessen anxiety and depression, while burning calories, and building muscle and bone mass. Medical research is proving Tai Chi can help with a host of physical and mental health issues, including: hypertension, type 2 diabetes, heart disease, boosting the immune system, chronic pain, and this book's author is the Tai Chi instructor for both the University of Kansas Hospital Turning Point program and the University of Kansas Medical Center.

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