



The Middle Path of the Tai Chi

By Peter Newton

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2008. Softcover. Book Condition: New. Each of us seeks balance in our life, the balance between work and play, joy and sadness, waking and sleeping. This book shows us how we can walk the Middle way, the balanced path between the nin (passive) and the nang (active), flowing with the Tao of life. By following the advice in this book you will learn how to stay centred on the Middle Path in your daily life; recognising that you are part of the whole. Peter Newton gives a comprehensive history of Tai Chi and its immediate uses in training and coaching today. This is a book not only for professionals but for those who are consciously working to improve themselves and their lives. Printed Pages: 172.



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This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

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