



The Tai Chi World of Suzy Chan

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This is a tai chi book for beginners. The book includes exercises for people who suffer with arthritis, back pain, nervousness, and for those recovering from an illness. A true inspirational story about the author who used the tai chi exercises to gain back her strength and energy after her illness with breast cancer.

The step by step instructions in this book are easy to understand, and with the help of the cd-rom for visual reference, this is one of the best in the market for beginners in tai chi.

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