



## The Essence of T'ai Chi (Shambhala Pocket Classics)

By Waysun Liao



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The deepest benefits of T'ai Chi cannot be realized without an understanding of its underlying principles. This book presents these principles through translations of three core classics of T'ai Chi that are often considered the "T'ai Chi Bible," accompanied by the author's insightful commentary. Master Liao demonstrates how to increase the body's inner energy (*ch'i*) and transform it into power, health, and well-being.

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### Editorial Review

#### Review

"This pocket book presents the basic principles of the complicated, sophisticated and sometimes mysterious philosophy of T'ai Chi . . . made easy to understand by the author's insightful commentary. . . . A worthy contribution to keeping the spirit of T'ai Chi alive."— *East and West Series*

#### About the Author

Master Waysun Liao studied t'ai chi with a wandering Taoist and in a Taoist temple in his native Taiwan from the age of twelve. He is the founder and master of the Taichi Tao Center in Oak Park, Illinois, where he has taught t'ai chi for nearly forty years.

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