



Tai Chi and Qigong: 50 True Chi Stories

Al J Simon

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"Tai Chi and Qigong: 50 True Chi Stories" includes inspirational stories from fifty people whose lives have been made better by Tai Chi and Qigong.

Originally from China, but now practiced the world over, Tai Chi and Qigong help their practitioners improve their health and fitness, aid in healing and recovery of illness, relieve stress, develop energy and vitality, and gain a better sense of connection to themselves and the world around them.

In today's information age, you can easily find research studies and statistics on the value of these Chi energy development practices. And you can even find dramatic stories of people who have received miraculous healing from these arts for all sorts of health problems.

But the value of Tai Chi and Qigong is not shown just by studies and statistics. And it's not shown just by miracles that happen only occasionally or sporadically.

While statistics and miracles are impressive, the value of Chi Development is really shown in the mundane. It's the simple changes that happen in the daily lives of students and practitioners that show the real power of the Chi arts.

That's the emphasis in this book of Chi stories. Yes, you'll read about a few healing miracles here, but the main emphasis is on the everyday benefits we've received from our dedication to Chi development. In other words, this is all about "lives made better" by Tai Chi and Qigong.

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