



Breathing Underwater: The Inner Life of Tai Chi Chuan

Margaret Emerson

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Apart from its physical benefits, the practice of T'ai Chi Ch'uan can foster emotional health and psychological well-being. Author Margaret Emerson, a longtime student and teacher of T'ai Chi, examines how the skills developed in the practice of T'ai Chi Ch'uan—awareness, concentration, mobility, and flexibility—can enrich our personal and professional lives. When integrated as a daily practice, T'ai Chi Ch'uan can enhance health, creativity, and encounters with friends, family, and strangers.

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