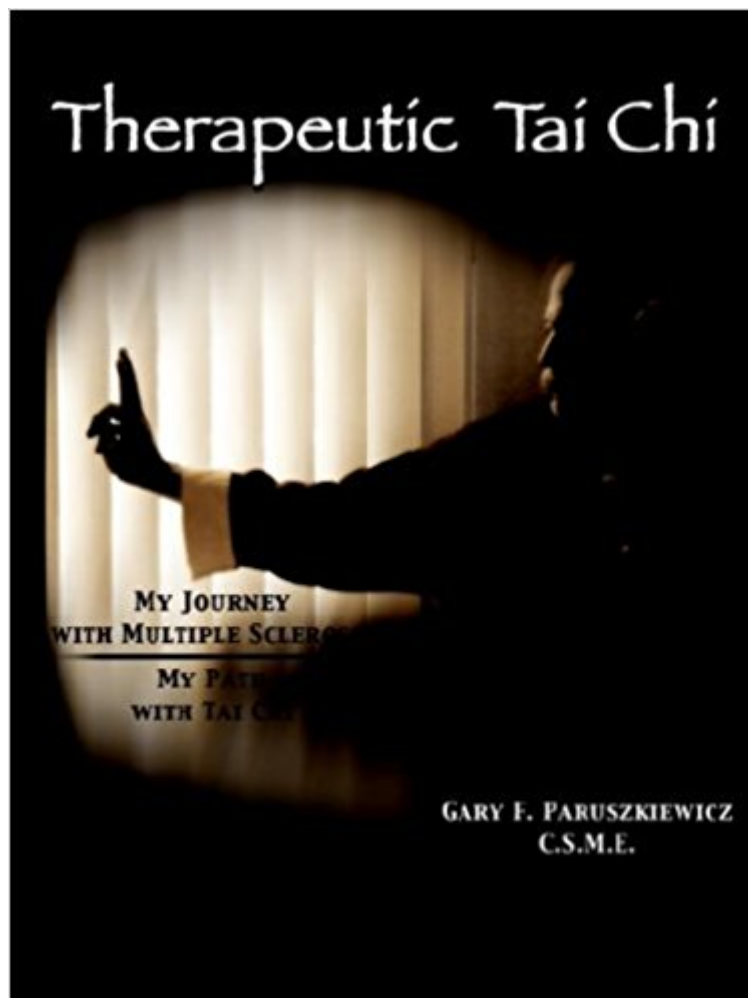




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Therapeutic Tai Chi: My Journey With Multiple Sclerosis My Path With Tai Chi



Synopsis

Therapeutic Tai Chi is a gentle form of daily physical activity, developed with medical experts and physical therapists, that is based on the ancient forms of Tai Chi Ch'uan. Therapeutic Tai Chi is the tool used by the author to rise above crippling Multiple Sclerosis. The book includes over fifty gourmet recipes from the "Chef Garibaldi" cookbook. Each chapter is fully illustrated with photography that details the movements.

Book Information

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Customer Reviews

This is a very inspiring book which describes how the author healed himself and got out of the wheelchair. His program consists of Taichi, meditation, Qigong, Yoga, Stress management and good nutrition. A terrific program as mentioned by the previous reviewer. Gary is also very kind and answers your emails. I hope he produces a dvd of his program as it is not easy to learn the Taichi from the book or from the youtube videos. Going for Tai chi classes and asking the teacher for help to follow this program would be best.

The author has a terrific program. I'm very glad he wrote this book. He needs a better editor. Ferreting out the needed info requires dedication. And there are many typos. There may even be some confusion between left and right in the directions for one movement. I recommend the book and program with the caveat to pay close attention.

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