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O Tai Chi é uma arte incrível de se aprender, mas do que se trata realmente? O que significa? Quais são as suas origens e quão práticas são as suas lições neste mundo acelerado e frenético em que vivemos hoje em dia?

Estas são algumas das 50 perguntas simples, porém importantes, que são respondidas neste fascinante livro cheio de anedotas, fatos e humor, que não somente o ajudará a entender esta ancestral e nobre arte, mas mais importante, o permitirá escolher a classe de Tai Chi correta para você.

O livro está dividido em nove assuntos para fácil referência:

1. O Básico
2. História
3. O Tai Chi como uma Arte Marcial
4. Benefícios para a saúde
5. Fontes de energia
6. Forma
7. Prática
8. Estilos
9. Aplicações

Com mais de 20 anos de experiência ensinando Tai Chi (incluindo aulas mensais para completos novatos), Paul Read explica o que é o Tai Chi de uma forma simples e ainda assim perspicaz que o ajudará primeiro a entender, e depois a aplicar essas habilidades facilmente aprendidas à sua vida cotidiana.

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