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Nota di contenuto	Intro -- TABLE OF CONTENTS -- DEDICATION -- PART I-LEARNING ABOUT TAI CHI: The important health benefits it offers you -- 1-Tai Chi: The What and the Why -- Tai Chi: A Non-strenuous, Pleasant Conditioner -- Tai Chi-a Health Secret from Ancient China -- Tai Chi's Benefits Endorsed by Medical Authorities -- The Dangers of Strenuous Physical Activity -- The Effect of Exercise on Life Span -- Sports Are Not the Answer -- 2-How Tai Chi Works Wonders for Your Health -- Tai Chi: An All-Around Conditioner -- 108 Easy Ways to Health-Done Slow and Easy -- Not a Dance or a Performance -- No Special Clothing or Equipment Needed -- Practice Anywhere -- The Breath of Life -- The Benefits of Good Breathing -- How Tai Chi Helps You Breathe -- Avoid the "Oxygen Jag" -- 3-Other Health Benefits of Tai Chi -- Age Is No Barrier -- A Way to Remain Youthful -- Continuous Flowing Movement Is the Secret -- Tai Chi in Three Sections -- Tai Chi Prevents Freak Injuries -- How to Relax and Sleep Well -- Arthritis and Tai Chi -- If You Are Overweight -- Other Personal Problems and Diabetes -- Benefits the Eyes -- 4-Greater Mental Powers Through Tai Chi -- Tai Chi-The Safe Tranquilizer -- Furnishes Strong Motivation -- Never Becomes Dismal or a Dull Habit -- Awakens Your Mental Powers -- Become a "Whole" Person -- The "Crown of the Senses" -- The Somato-Psychic Benefits -- Advantages Not Found in Yoga -- 5-Tai Chi and Your Heart -- Heart Trouble Is Widespread -- Lack of Physical Activity-

a Major Factor -- Daily Exercise-a Preventive Measure -- How Tai Chi Benefits the Heart -- What Research Revealed -- Tai Chi Supplies that Certain "Something" -- Tai Chi-the "Wise" Exercise -- 6-Relaxation and Relief from Body Aches and Pains -- How to Relax the Entire Body -- Become a Marionette -- Your Body Becomes Efficient -- Tai Chi Relieves Backache -- Adapt Tai Chi to Your Body.

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