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| 1. Record Nr.           | UNINA9910156270503321  |
| Autore                  | Maisel Edward  |
| Titolo                  | Tai Chi For Health   |
| Pubbl/distr/stampa      | San Francisco : , : Hauraki Publishing, , 2014<br>©2014  |
| ISBN                    | 9781786259028<br>1786259028  |
| Edizione                | [1st ed.]  |
| Descrizione fisica      | 1 online resource (172 pages)  |
| Disciplina              | 613.7/148  |
| Soggetti                | Tai chi<br>Exercise  |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| 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.

PART II-THE PRACTICE OF TAI CHI: How To Do It -- The Ten Basic Rules -- A Way to Begin -- Six Helpful Hints -- Section One-Lessons 1-15 (Form 1-20) -- Section Two-Lessons 1-15 (Form 21-57) -- Section Three-Lessons 1-15 (Form 58-108) -- Short Tai Chi -- Continuing with Tai Chi -- Tai Chi to the Left -- Tai Chi with Speed -- To Advance with Tai Chi -- Handy Check-list of the 108 Forms -- PART III-THE STORY OF TAI CHI: How It Can Help You Gain New Benefits from Your Practice -- 7-How It All Began -- Male and Female -- Breathing and Butting -- Imitation of Animal Movements -- Our 108 Forms and the 37 Actions -- 8-The Search for the Mysterious Old Man -- Tai Chi and Self-Defense -- Chang San-feng, Tai Chi's Originator -- The Secret of Immortality -- Effortlessness-the Key to Tai Chi -- 9-A 400-Year Secret -- The Northern School and the Southern School -- How the Chens Kept "The Secret" -- How "The Secret" Was Revealed to the World -- The First School -- Carrying on the Ancient Tradition -- 10-On to America! -- Tai Chi in Modern Times -- Widespread Adoption of Tai Chi -- Other Forms of Tai Chi -- The Tai Chi Boom in America -- APPENDIX-THE THREE CLASSIC WRITINGS ON TAI CHI -- I. A Discussion on the Practice of Tai Chi Chuan -- II The Treatise on Tai Chi Chuan -- III. An Exposition on the Practice of the 13 Movement Forms.

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### Sommario/riassunto

The classic text that introduced Tai Chi to an American audience a generation ago. Originally published in 1963, it is widely regarded to be the original introduction to the movement art to Western enthusiasts." One of the best books on the subject...practical throughout and stripped of mysticism."-The New York Times"A tranquil, graceful way of keeping fit."-Harper's Bazaar"You will have to consult Mr. Maisel's book...Tai Chi could become that all-important exercise factor that stands between you and health problems."-Prevention"It is Chinese, old, comfortable, deeply pleasurable. It helps the figure and skin and tranquilizes. It is done in a small space in ordinary clothes without music. It is good for the young, for the old."-Vogue

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| 2. Record Nr.           | UNIORUON00050592  |
| Autore                  | BUXTORF, Johannes   |
| Titolo                  | Epitome grammaticae hebraeae breviter et methodice ad publicum scholarum usum proposita adjecta succincta / Johannis Buxtorfi |
| Pubbl/distr/stampa      | Basilae, : Johannis Georgii Konig, 1710   |
| Descrizione fisica      | 176 p. ; 18 cm  |
| Classificazione         | SEB II B  |
| Soggetti                | Lingua aramaica - Aramaico biblico<br>Lingua ebraica - Ebraico biblico - Studi lessicali                                      |
| Lingua di pubblicazione | Ebraico<br>Latino   |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |