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Collana	The Chinese Way
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Sommario/riassunto	Traditional Chinese Exercises offers detailed insights into practical ways of rebuilding one's physique and keeping physically fit through well-matched illustrations. In addition to exploring such "regular exercises" as Qi-Gong and Taiji, it also investigates a number of traditionally practiced "minor exercises" that, without being too time-consuming, can easily be incorporated into one's daily routine. Furthermore, the book also provides valuable insights into the Chinese philosophies of life and behavior that are embodied in these exercises.