



Ebook Directory
the best source of ebook

The book was found

Exercising The Soul: How T'ai Chi Connects You To Your Authentic Self



Synopsis

David-Dorian's best-selling book on "the living philosophy" of T'ai Chi. Learn how the movements of this art teach us to connect to our authentic self through the pathway of finding, maintaining or restoring the experience of Harmony. The path of taiji (or T'ai Chi) is an exploration of balance through the mastery of three specific disciplines: the flowing dance-like routines, the powerful standing meditations and the fear-dispelling game of taiji for two. When we find ourselves able to create harmony in the midst of life's constant chaos, then we unlock the doorway to our inner authentic self - our Soul.

Book Information

File Size: 537 KB

Print Length: 169 pages

Simultaneous Device Usage: Unlimited

Publisher: MLF Press (November 28, 2012)

Publication Date: November 28, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00AF3TINM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #306,366 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #194

in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #688

in Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Meditation #1483

in Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Personal Growth

Customer Reviews

I learned a lot from this book as someone who is starting to explore T'ai Chi and Qi Gong, but it was atrociously edited, with chunks of material being repeated in more than one spot, paragraphs introducing new ideas forcefully before inexplicably tapering off and the idea never being mentioned or expanded on again. I would have also appreciated an expanded and more reliable section of

resources for pursuing the ideas presented in the book. They are important principles, though, and I was glad to learn of them.

As a former student and informal practitioner/"player" of Tai Chi, I was hoping that Dorian Ross might convince me to be more serious/formal in my personal Tai Chi practice. I was initially intrigued by the "sound" of the title, and the sample I read reinforced that feeling. However, the totality of the book left me more disappointed than satisfied. There was a lot of information -- some technical, some theoretical, some historical -- and Dorian Ross' personal story that opened the book was very uplifting. His writing style was an interesting combination of technical language and personal interpretation, and for a good portion of the book, he had me with him. What eventually caused me to feel less connected was the rambling and repetitious nature of his narrative. In many instances, I encountered material in the second half of the book that had already been covered earlier. What really disturbed me was not only the redundancy of the information, but also the verbatim nature of the repetitions. In some ways, it read like a cut/paste narrative, emphasized by his frequent comments about "returning to a concept later in the book." Part of this is the responsibility of the writer's editor to notice, so in this particular case, it appears that his editor was either absent or negligent. The historical aspects of the book reflected diligent research and deep respect for the Oriental origins of Tai Chi, and any student of Tai Chi would appreciate and learn much from these elements of the book. The technical elements of the book could have benefitted from some illustrations; in fact, at one point it looked like there was a note to "add a diagram" despite their total absence, another indication of careless or nonexistent editing. The philosophical elements of the book were interesting but could have been a more significant aspect of the book, especially given the nature of the title. If you have never taken a Tai Chi class, I would not recommend this as an introduction to that martial art. If you have some experience with Tai Chi in your life and want to expand that experience, this may or may not satisfy you. I didn't find what I was looking for, nor was I motivated to make my Tai Chi practice more formal/extended after reading it. Thus my 3-star rating.

Not just another book about Tai Chi! David's book is a 7 course meal disguised as a dessert. He explains the history, philosophy, and experience of Tai Chi practice in a conversational manner. His insight and advice is profound and practical without being judgmental or didactic. I have put this book in the hands of all those I know who play tai chi and many who are seeking to improve their lives. I now better understand why and how the western mind often feels alienated by the teachings from the east. And, I have many more techniques at hand for dealing with the eventual challenges of

inner development. Thank you, David! This is one of the best books on Tai Chi philosophy, history, and development I've read - and I've read most of them.

I am using the CD Essentials of Tai Chi and Qigong and saw this book listed in the bibliography. The book does complement the CD and tells some of the same stories. It is a shame the Kindle edition it is not better edited. The text repeats itself in several places and in one place seems like the end of the story is missing. In one place a visual is really necessary to understand the point and it helped that I had seen something similar on the CD. Even with these limitations, I found it worthwhile reading.

This is a good introduction to tai chi. Mr. Ross knows his subject and his enthusiasm for it is infectious. If you are curious about tai chi, this is a good place to start.

Meditation and Tai Che were explained clearly and allows reader to experience the wonderful benefits of this ancient art quickly. Reading the book is a wonderful experience in itself. It makes you want to get started right away. Also the author encourages you to get out there and exercise your body and soul. A delightful book for all ages. I thank him for it.

A beautifully filmed instructional video. He goes in detail on the footwork and the handwork of doing the tai-chi routine (the first eight forms). I especially like his Eight Pieces of Brocade in the Qi Gong segment, a pleasant morning routine which lasts about 20 minutes to complete. I usually do this at home, it's easy and enjoyable

Really good book about Tai chi and how he came to be involved with the exercise-meditation-sport. Not sure what to call it but he explains how it all works and can help you do it and why.

[Download to continue reading...](#)

Exercising the Soul: How T'ai Chi Connects You to Your Authentic Self Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books

for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your
Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief
Book 8) 5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing
Fast (Chi Powers for Modern Age Book 1) Chi Nei Tsang: Chi Massage for the Vital Organs
Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi E Tai Chi (The
Complete Book): The World's Simplest Tai Chi Healing from Within with Chi Nei Tsang: Applied Chi
Kung in Internal Organs Treatment Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan
Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Root of Chinese Chi
Kung the Secrets Of (Ymaa Chi Kung Series, #1) "And then Arnie told Chi Chi...": A Collection of the
Greatest True Golf Stories of All Time Total Chi Fitness - Meridian Stretching Exercises for Ultimate
Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian
Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age) Tai
Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi
Demystified: 6 Must Have Concepts to make Tai Chi Internal Exercising Through Your Pregnancy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)