



# The Complete Idiot's Guide to T'ai Chi & QiGong Illustrated, Fourth Edition (Idiot's Guides)

By Bill Douglas, Angela Wong Douglas

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## **Editorial Review**

### **Review**

"Sometimes Chinese culture can be difficult to explain. Sifu Bill Douglas successfully uses American culture to explain the art of T'ai Chi Chuan. He simplifies difficult concepts, making them easier to understand. This book takes the best parts of T'ai Chi and makes them understandable [to Westerners] without requiring a grounding in Chinese culture and history." – **Sifu Yijiao Hong, USA All-Tai Chi Grand Champion and USA Team member; Certified International Coach and Judge, International Wushu Federation**

"Douglas has achieved for QiGong what Apple did for the computer. He's brought it to the people ... great place to start for beginners. ... Teachers may also find this an excellent manual 'on how to explain these concepts to the general public...'" – **R. Poccia, stress management instructor, Beyond Anonymous, San Francisco**

"Visionary! If you only buy one book on T'ai Chi, then this is the book. This book is all you ever needed to know to change your life. I have taught T'ai Chi for several decades myself, yet I have now read Bill's book from cover to cover seven times, and still get something new from it each time." – **Dr. Michael Steward Sr., D.M.A, Ph.D., MA, Senior Coach for Team USA, Inductee of the World Sports Medicine and World Martial Arts Hall of Fame**

### **About the Author**

**BILL DOUGLAS** has taught T'ai Chi and QiGong at medical universities and major corporations, is an authority on T'ai Chi and QiGong, and has been featured in interviews by The New York Times and media worldwide. Twenty years of study in T'ai Chi and QiGong led Bill to study Traditional Chinese Medicine before releasing his world-acclaimed video/DVD program, T'ai Chi and QiGong: The Prescription for the Future, worldwide. The program and Bill's other SMARTaichi products are available for purchase in this book. His website is [www.taichismart.com](http://www.taichismart.com).

## **Users Review**

### **From reader reviews:**

#### **Keven Peterson:**

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