



108 Insights into Tai Chi Chuan: A String of Pearls (2nd Revised edition)

By Michael Gilman

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, 108 Insights into Tai Chi Chuan: A String of Pearls (2nd Revised edition), Michael Gilman, This title presents a delightful variety of entries related to or arising from over thirty years of taiji and related practices. This is his second book of his meditations and it is well worth the investment - More than a personal journal of daily meditations, '101 Reflections' is instructional as well as inspirational. What makes this set of reflections most valuable, however, is that while Gilman shares his expertise, experience, and philosophical approach; his is not a didactic voice. While he is not afraid to draw his own parallels between taiji practice and living fully in one's life, his intention seems to be only to share, not to insist. It offers something for everyone. It is deep, lyrical, and grounded in practicality.



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