

# The Essence Of T'ai Chi (Shambhala Pocket Classics) By Waysun Liao

**By Waysun Liao**

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The Essence of T'ai Chi [Waysun Liao] This book is a pocket-sized slice of Asian wisdom, T'ai Chi Classics (Shambhala Classics) Paperback.

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The T'ai chi classics are classical texts used as guides for the practice of Robert Amacker, Susan Foe, "The Essence of T'ai Chi Ch'uan: The Literary Tradition

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