



Thinking Body, Dancing Mind: Taosports for Extraordinary Performance in Athletics, Business, and Life

Chunliang Ai Huang

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Written by a sports psychologist and a renowned T'ai Chi master, here is a guide to enriching all of life's pursuits through the practice of its simple mental tools and wisdom. Using stories of success from athletes and businesspeople, the authors present techniques and exercises to promote relaxation and enhance performance.

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