



Benessere quotidiano. Manuale di Tai Chi (Italian Edition)

Francesco Curci

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Conoscere se stessi e valorizzare le proprie risorse per vivere meglio e in modo consapevole la propria vita quotidiana. A questo conduce il Tai Chi, antica arte marziale taoista proposta come percorso di crescita personale. Il presente manuale è dedicato sia a chi si avvicina per la prima volta al Tai Chi, sia a chi già pratica e desidera accrescere la propria esperienza tramite spunti filosofici ed esercizi pratici orientati al benessere quotidiano. Il testo si basa sul metodo della scuola "Energia e Forma", elaborato dal maestro di Tai Chi Francesco Curci insieme a un team di psicologi. L'ascolto, la gestione delle emozioni e il cambiamento sono le tre tappe fondamentali di un percorso psicocorporeo che mira a migliorare la qualità della vita quotidiana in ogni ambito della propria esistenza.

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