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Tai Chi Teach Yourself S

Puja Mehta



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All About Joints Irwin M. Siegel, MD,2002-03-01 From the acclaimed author of All About Bone and All About Muscle All About Joints tells you everything you might want to know about your joints how they work how

they can be injured illnesses to which they are prone and how to keep them healthy The book is written for the intelligent reader who wants to better understand normal functioning of the musculoskeletal system and the injuries and ailments to which it is subject It covers practical matters such as proper exercise and sports the prevention and treatment of injury arthritis and other ailments that affect our joints and much more Tables of instructional materials illustrations and numerous diagrams help readers understand the text A list of books for suggested further reading and a handy glossary are included All About Joints How to Prevent and Recover from Common Injuries will teach readers how to keep their joints healthy and strong Between its covers readers will find everything they need to know in order to to understand their joints how they work and how to keep them in top form *The T'ai Chi Workbook* Paul H. Crompton,1987 More than a step by step description of movements it also presents a methodical way for Westerners to appreciate and master the subtleties of the art Illustrated

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