



# **Tai Chi & Chakras For Beginners Box Set: Heal Your Mind and Body with Top 10 Tai Chi Lessons and Learning How to Balance Your Chakras (Tai Chi and Chakras For Beginners, Chakras, Tai Chi)**

*Addison Roberts, William Diaz*

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## **BOOK #1: Tai Chi For Beginners: Top 10 Tai Chi Lessons for Beginners: Find Your Inner Peace and Balance**

This book will give you a definitive guide to the art of Tai Chi and the lessons that come with it. Tai Chi has become universal for its use as a recreation, stress reliever, and even spiritual context. It can be at home, in the office, outside of work, or even at the local gym. Made specifically for beginners, this book is here to help make a significant impact on your life, both physically and mentally. It will break down its various lessons and methods and explain how and why they can will assist you in your daily life. So put that remote control down and grab yourself a nice, comfortable mat. It'll definitely be worth your while. Plus, your body will thank you later!

### **Here is what you will learn after reading this book:**

- What is Tai Chi?
- Why use Tai Chi?
- How it will help you
- All about the methods used in Tai Chi
- Ten Tai Chi lessons to improving your body's overall health and physique

## **BOOK #2: Chakras For Beginners: Heal Your Mind and Body by Learning How to Balance Your Chakras, Align Your Energy, and Improve Your State of Being**

From the mystic ancient home of ancient India, to the cosmopolitan offices of the western world, Chakra balancing offers a rewarding experience to inner-peace that anyone can practice in the comfort of their very

own home. In this guide, beginners will learn what a Chakra is, how it affects their mind and body and how to start learning about balancing these energy sources at home.

If you answered 'yes' to any of these questions then this is the guide for you! Requiring no other purchases, this guide shows how anyone can shake off troublesome emotions and thoughts and get started on a path to inner peace and contentment. Whether you're encountering stumbling blocks in the workplace or at home, you can open up the mind and body to better experiences and bounce-back from negativity sooner and with greater confidence through Chakra balancing. Examining the seven major Chakras, this book will show you how each connect to create a bigger picture and how you can reaffirm your balance with simple exercises that can be done in the privacy of your own home. If you want to experience a life where you are in charge of your emotions, improve your ability to problem-solve, increase your feeling of wellbeing and can bounce-back from negative experiences then this is the book for you.

### **This questions are elaborated in the book:**

- Suffer from reoccurring feelings of self-doubt?
- Have you ever felt like you have lost control of your emotions?
- Can't understand why you're finding it hard to connect to people around you?
- Want to take on the look and feel of confident leadership?

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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### **From reader reviews:**

#### **John Harrison:**

The book Tai Chi & Chakras For Beginners Box Set: Heal Your Mind and Body with Top 10 Tai Chi Lessons and Learning How to Balance Your Chakras (Tai Chi and Chakras For Beginners, Chakras, Tai Chi) make one feel enjoy for your spare time. You need to use to make your capable far more increase. Book can to become your best friend when you getting tension or having big problem along with your subject. If you can make reading through a book Tai Chi & Chakras For Beginners Box Set: Heal Your Mind and Body with Top 10 Tai Chi Lessons and Learning How to Balance Your Chakras (Tai Chi and Chakras For Beginners, Chakras, Tai Chi) to get your habit, you can get much more advantages, like add your own capable, increase your knowledge about several or all subjects. You may know everything if you like available and read a book Tai Chi & Chakras For Beginners Box Set: Heal Your Mind and Body with Top 10 Tai Chi Lessons and Learning How to Balance Your Chakras (Tai Chi and Chakras For Beginners, Chakras, Tai Chi). Kinds of book are a lot of. It means that, science e-book or encyclopedia or other people. So , how do you think about this publication?

#### **James Kyles:**

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#### **John Mendoza:**

The reason? Because this Tai Chi & Chakras For Beginners Box Set: Heal Your Mind and Body with Top 10 Tai Chi Lessons and Learning How to Balance Your Chakras (Tai Chi and Chakras For Beginners, Chakras, Tai Chi) is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will distress you with the secret the idea inside. Reading this book close to it was fantastic author who also write the book in such amazing way makes the content interior easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have such as help improving your proficiency and your critical thinking means. So , still want to hesitate having that book? If I ended up you I will go to the guide store hurriedly.

**Olivia Dickert:**

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