



T'ai Chi as a Path of Wisdom

Linda Myoki Lehrhaupt

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Unlike most t'ai chi books, which focus strictly on how to do the t'ai chi forms, *T'ai Chi as a Path of Wisdom* presents a personal, practical view of this intriguing martial art. Lehrhaupt shares illuminating stories from her own life and the lives of her students that show how t'ai chi can be a vehicle for profound self-discovery and spiritual growth.

In learning to master each body posture, t'ai chi students often confront self-doubt, frustration, and the desire to compete and compare themselves to others—problems that also arise in daily life. Lehrhaupt shows how these and other obstacles provide valuable opportunities to deepen awareness and recognize the striking continuities between practice and everyday life.

Each section of the book includes practical exercises designed to enhance students' understanding of t'ai chi movements, and a helpful appendix answers many frequently asked questions about t'ai chi training such as how to find a teacher and how to balance practice with family life. Full of useful insights and guidance, *T'ai Chi as a Path of Wisdom* will be a valuable companion for all students of this increasingly popular martial art.

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