

New publication: Tai Chi Chuan Y. Hong (ed.)

Tai Chi Chuan – the way to harmony of body, mind and soul: proven!
Tai Chi Chuan has long been said to have considerable health benefits, including muscle relaxation and strengthening of the musculoskeletal as well as the immune systems. Now many of these advantages have been scientifically tried and tested and the results are available in this book.

Originally developed as a martial art, Tai Chi Chuan has become one of the most widely practiced exercise regimes in China and beyond. Ideally practiced at dawn and outside, Tai Chi Chuan consists slow, almost meditative movements that force its practitioners to concentrate on the body in an attempt to bring body and mind in unison.

This unique collection of recent scientific research assesses the beneficial effects of Tai Chi Chuan in the fields of biomechanics and physiology, sensory motor control and fall prevention, psychology and social aspects, as well as in clinical application of Parkinson's disease, Alzheimer's diseases, coronary heart disease, chronic heart failure, breast cancer, rheumatoid arthritis and diabetes.

This high-quality and exciting book is a must for teachers, healthcare professionals and students in exercise science and medicine. It contains valuable and indispensable information not only for professionals but for everybody already practicing Tai Chi Chuan or considering taking it up, who would like to learn more on the beneficial effects of this intriguing form of exercise.

More information available on our website www.karger.com/mspsc

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