Books

Warriors of Stillness (Meditative traditions in the Chinese martial arts) Volume I
by Jan Diepersloot

Warriors of Stillness (The Tao of Yiquan) Method of awareness in the martial arts Volume II
by Jan Diepersloot

The Dao of Taijiquan (Way to Rejuvenation)
by Jou, Tsung Hwa

[Overcoming Arthritis](http://www.taichiproductions.com/shop/product.php?product=46) (Relieve pain and restore mobility through a unique tai chi program)
By Dr.Paul Lam & Judith Horstman

[Taichi for Arthritis Handbook](http://www.taichiproductions.com/shop/product.php?product=39) (Summary of movements with photographs and instructions)
By Dr.Paul Lam

[Taichi for beginners and the 24 Forms](https://www.taichiproductions.com/shop/product.php?product=88)
by Dr.Paul Lam

[Teaching Taichi Effectively](https://www.taichiproductions.com/shop/product.php?product=89) (How to attract and retain more students and fulfillment from teaching)
by Dr.Paul Lam

Introduction to Exercise Danger (Exercises to avoid and safer and more effective alternatives)
By Donald B.Ardell, PH.D.

The Way of Qigong (The art and science of Chinese energy healing)
by Kenneth S. Cohen

The Complete System of Self Healing (Internal Exercises)
by Dr. Stephen T. Chang

Qigong Empowerment (A guide to Medical, Taoist, Buddhist, Wushu - Energy Cultivation)
by Master Shou-Yu Liang & Wen-Ching Wu

Zen Master Class (A course in Zen wisdom from traditional masters)
by Stephen Hodge

At home in the muddy water (A guide to finding peace within everyday chaos)
by Ezra Bayda

Emotional Anatomy (Connections between anatomy and feeling)
by Stanley Keleman

Jobs Body (A handbook for bodywork)
by Deane Juhan

Working with Anger (Methods of subduing and preventing anger)
by ThubtenChodron

Destructive Emotions (How can we overcome them?)
Narrated by Daniel Goleman (A scientific dialogue with the Dalai Lama)

The Four Noble Truths (The truth of suffering)
by the Dalai Lama

The Purpose Driven Life (What on earth am I here for?)
by Rick Warren

The Power of Now (A guide to spiritual enlightment)
by Eckhart Tolle

The Inner Structure of Taichi
by Mantak Chia and Juan Li

The Yellow Emperor's Classic of Medicine
by Maoshing No, PHD

Intuitive Thinking as a Spiritual Path
by Rudolf Steiner

Music and Sound in the Healing Arts
by John Beaulieu

Tai Chi Classics
by Waysun Liao

Anotomy Trains (Myofascial Meridians for Manual and Movement Therapists)
by Thomas W.Myers