

Some good books.....reading is great, but practising is Better!

(but by no means all of them!)

The Way of Harmony. Howard Reid.

The Theory and Practice of Taiji Qigong. Chris Jarmey

The Wonders of Qigong. (ISBN0-935099-07-7)

Chi Kung the Way of Energy. Master LAM Kam Chuen.

The Way of Power. Master LAM Kam Chuen.

First Steps to CHI KUNG. Master Wong Kuan-Yew

Secrets of Energy Work. Paul Brecher.

Chi: How to feel your Life Energy. Waysun Liao

The Magus of Java. Kosta Danaos.

Nei Kung. The Secret Teachings of the Warrior Sages. Kosta Danaos

The Root of Chinese Chi Kung. Dr. Yang Jwing-Ming

There are no Secrets. Wolfe Lowenthal

Gateway to the Miraculous. Wolfe Lowenthal.

Applied Tai Chi Chuan. Nigel Sutton.

Tai Chi...the Chinese art of healing and self-defence. Erle Montaigue

Power Taiji. Erle Montaigue

T'ai Chi Classics. Translated and commentary by Waysun Liao.

T'ai Chi. The 'Supreme Ultimate' Exercise for Health, Sport, and Self-defence. Cheng Man-ch'ing & Robert Smith.

The Essence and Applications of Taijiquan. Yang Chengfu.

T'ai Chi Ch'uan and the I Ching. Da Liu.

Taiji Chin Na. Dr. Yang Jwing-Ming.

T'ai Chi for Two. Paul Crompton.

T'ai Chi Combat. Paul Crompton.

Taiji for Everyone. Karel & Eva Koskuba.

Taijiquan Xue (A study of Taiji Boxing). Sun Lutang.

T'ai Chi Touchstones: Yang Family Secret Transmissions. Douglas Wile.

Master Cheng's Thirteen Chapters on T'ai Chi Ch'uan. Douglas Wile.

Lost T'ai-chi Classics from the Late Ch'ing Dynasty. Douglas Wile.

T'ai Chi's Ancestors: The Making of an Internal Martial Art. Douglas Wile

Treatise on T'ai Chi Ch'uan. Wang Tsung-Yueh

Beyond the Closed Door: Chinese Culture and the Creation of Tai Chi Ch'uan. Arielev Breslow

The Essence of T'ai Chi. Waysun Liao.

In Search of Authenticity. Raymond Towers.

Complete T'ai Chi Chuan. Dan Docherty

The Art of Warfare. Sun-Tzu

The Taijiquan Classics: an annotated translation, including commentary by Chen Weiming. Barbara Davis

Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan. Benjamin Pang Jeng Lo and Martin Inn.

Combat Techniques of Taiji, Xingyi, and Bagua. Lu Shengli (trans. By Zhang Yun)

Nine Nights with a Taoist Master. Waysun Liao

Budo Secrets. John Stevens.

The Unfettered Mind. Takuan Soho

Ki in Daily Life. Koichi Tohei.

The Field of Zen. Daisetz T Suzuki.

Angry White Pyjamas. Robert Twigger.

Supernature. Lyall Watson.

Fudebakudo: The Way of the Exploding Pen. Beholder

The Way of the Spiritual Warrior. Paul Brecher

Johnathan Livingstone Seagull. Richard Bach.

There's no Such Place as Far Away. Richard Bach