

**Zhong Shi's Tai Chi suggested reading**

**The Tao of Pooh & The Te of Piglet, by:  
Benjamin Hoff**

**I Ching by: The Book of Change, by:  
Thomas Cleary**

**T'ai Chi Classics, by: Waysun Liao**

**The Taoist Classics, Volume Two: The  
Collected Translations, by: Thomas Cleary**

**The Power of Internal Martial Arts and Chi:  
Combat and Energy Secrets of Ba Gua, Tai  
Chi and Hsing-I, by: Bruce Frantzis**

**Dragon and Tiger Medical Qigong, Volume  
1: Develop Health and Energy in 7 Simple  
Movements, by: Bruce Frantzis**

**Simple Qigong Exercises for Health:  
Improve Your Health in 10 to 20 Minutes a  
Day, by: Yang Jwing-Ming**

**I Liq Chuan® – Martial Art of Awareness,  
by: Grand Master Sam FS Chin**

**Somatics: Reawakening The Mind's  
Control Of Movement, Flexibility, And  
Health, by: Thomas Hanna**

**The Healing Code BY:Alexander Loyd**

**Eat to Beat Disease by: William Li**

**The Body Keeps the Score by: Bessel A.  
van der Kolk**

