



Embrace Tiger, Return to Mountain: The Essence of Tai Ji

Chungliang Ai Huang

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Written with true passion and covering everything for those with an interest in Tai Ji want to know, Chungliang Al Huang's classic masterpiece, with a foreword on Taoist practice by Alan W. Watts, uncovers the origins and meanings of Tai Ji, interweaving instruction and practical guidelines with the theory and ancient thought that underpins it. Digging his legs into the earth and opening his arms out to the sky, the author gathers all his assets from outside and within, embracing his tiger and returning to his mountaintop, and in the process shares the experience with his reader, allowing them to do the same. The narrative is illustrated with calligraphy and photographs, and the book draws to a close with an exploration of Tao Te Ching, inviting the reader on a journey the author is still experiencing himself. This classic and timeless introduction is still essential reading for anybody interested in Tai Ji and Tao philosophy on 'Living Our Own Tao'.

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