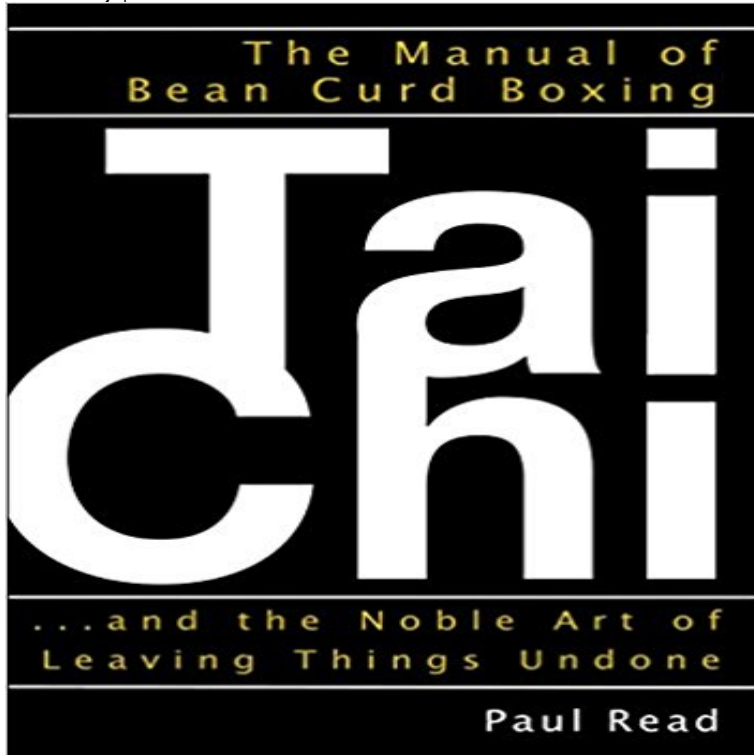


# The Manual of Bean Curd Boxing: Tai Chi and the Noble Art of Leaving Things Undone



The Manual of Bean Curd Boxing is a book that introduces us to a new perspective on Tai Chi and 21st Century Living. Step by Slow Step, this manual shows: How to reach out and grasp life with more energy, with more passion and with more wisdom. How to absorb the simple lessons of Taoism and Tai Chi into your daily activities with no sweat and no stress. How to learn to get out of our own way, so that life can pursue its natural course. How to remain tranquil and calm under the stress of daily life and yet stay intensively connected to the world around. If you are a beginner to Tai Chi and Taoism, and new to these ancient disciplines or an Intermediate student looking for a new approach to your practise, The Manual of Bean curd Boxing will aid you in this ancient yet contemporary art of doing, without doing.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's World of Torah: Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

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