



A Potter's Notes on Tai Chi Chuan

Margy Emerson

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When she wrote A Potter's Notes on Tai Chi Chuan, Margaret Emerson had been making her living as a potter for sixteen years and practicing Tai Chi for nine years. In this book she compares the process of making art with the practice of moving meditation. Her observations reveal lessons learned from both endeavors and the ways in which they reflect, illuminate, and contribute to each other.

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