

# Tai Chi Journey By John Lash

**By John Lash**

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About the Author. Raised in Texas, John Lash has studied and practised Tai Chi for over thirty years and has a masters degree in Philosophy. After service in the US

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John Lash John Lash John was born in 1948 in Arizona in the USA. John is the author of The Tai Chi Journey, The Spirit of Tai Chi,

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