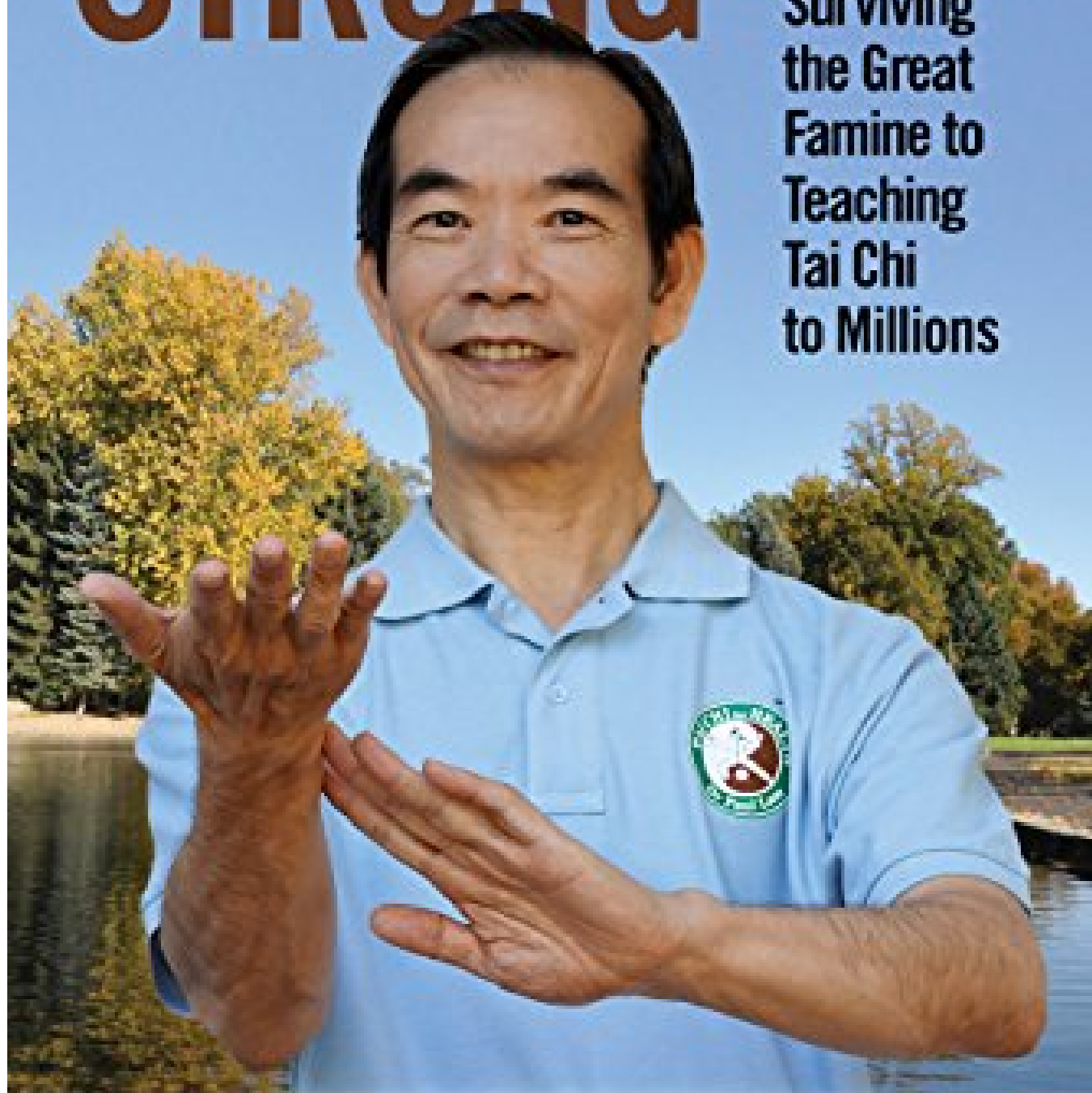


# BORN 華壯 STRONG

From  
Surviving  
the Great  
Famine to  
Teaching  
Tai Chi  
to Millions



**DR. PAUL LAM** with JULIE BAWDEN-DAVIS

Dr. Paul Lam

# Born Strong: From Surviving the Great Famine to Teaching Tai Chi to Millions



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In 1948, Dr. Lam's burning enthusiasm to greatly help others led him to generate the Tai Chi for Wellness programs, where he mixed his Western and Chinese medical understanding with modern teaching methods. Ten months aged at the time, Dr. Lam - whose given Chinese name is normally Bon Trong, meaning "born to be strong" - grew up beneath the cruel Communist regime of Mao Zedong and almost perished through the Great Famine. More than five million people world-wide practice his Tai Chi for Health programs. Lam with serious osteoarthritis. Malnutrition still left Dr. Lam received a scholarship to study medicine. He discovered that tai chi not only helped him manage the condition, the historic practice improved every part of his life. Dr. Paul's mother left him in the treatment of his grandmother in China. After escaping from China, studying in Hong Kong, and finally settling in Australia, Dr.



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A book for everyone As a long time participant in Dr. Lam's Tai Chi for Wellness programs, I had noticed him announce for several years at his workshops that he was composing his autobiography.. I eagerly read the intro and was delighted to see the titles of several people who have whom I am familiar and received several smiles of both familiarity and delight as Dr. Dr. Lam is amazing.. Never have I read a publication that so obviously and, occasionally, painfully expresses an event of life that started in relative extravagance, descended in to the hell of public torment and loss and arisen to a existence dedicated to assisting others survive their very own personal stories in that relaxed, descriptive and captivating manner. Dr Lam's story is an genuine timeline of his personal trip to Tai Chi supported by incredible life experiences that are felt through his instruction. If your interest lies with tai chi and you also have ever adopted the stories of a few of the great tai chi masters, this is actually the book to read. His life is one of hardship accompanied by discovering his interest and transcending his past. The concepts of Tai Chi are genuine - helping the Mind, Body, and Spirit.Gerry Von Ahn Helped me! I am 77 yrs . old and got a comprehensive knee replacement surgery three weeks hence and am already walking with out a limp. Gripping, emotive, and educational, Dr. I credit a lot of my rapid recuperation to Tai Chi and Dr. Lam's philosophy. My muscle tissues allowed me to have good control despite the fact that I have never been what you would call athletic.I recommend this publication to anyone thinking about globe history, tai chi or personal tales of rising over your own problems. This reserve by Dr. Those smiles quickly turned to threats of tears as I progressed through the first few chapters of the publication and came to understand and understand the amazing journey in addition man however the Chinese people themselves have come through. It has produced me even more an enthusiast of his. It has helped me to comprehend him, his program and the influence he has. What a great read! Paul Lam who as a teenager escaped Maoist China to become family doctor and founder of the internationally acclaimed Tai Chi for Wellness program. I am a Tai Chi for Arthritis Instructor and also have resumed teaching two classes. Lam's story vividly details his trip from infirmity to wellness, oppression to honor, misfortune to achievement. Ever buoyed up by the love of his aunt, Dr. Lam overcame hardships with resilience, resourcefulness, compassion, and courage. He truly lives up to his provided name, Born Strong. His book of the same name inspires readers not only along with his example but also along with his vast understanding ancient and contemporary, eastern and western, medical and metaphysical. Dr. Lam's memoir brought me to tears, trained me to persevere, and motivates me to apply Tai Chi for Health diligently. Fascinating life story! What a wonderful read! Five Stars very inspiring and informative Five Stars Excellent autobiography. I enjoyed the Tai Chi for Arthritis training course (even though I do not really suffer that problem) so much that I went on to buy the 24 Forms Instructional DVD for home make use of. I live in a small mountain town that makes personal, more advanced Tai Chi instruction difficult to gain access to. After watching the DVD, I was very interested in who this man was that brought such an excellent life gift to me.This book is a genuine gem and should be in everyone's library. Amazing story and has enhanced my learning of this beautiful art form for health. Attempting to expand my practice, I came across Dr. Strong Inspiration Dr. Lam's story can make you appreciate existence. You will journey with him as he tells you his own life story with total transparency and unadorned candidacy. It finally and completely explains to those of us who have benefited so greatly from the mass exodus from China following their cultural revolution to flee to countries such as for example America, Canada and Australia, getting with them their knowledge and mastery of the artwork of tai chi to share with others. He teaches, though his own existence story, the energy of like, kindness and wish, even when faced with the most

tough and heart wrenching circumstances. If anyone has already established a tough dish in existence, this book will inspire you in a personal way. It will offer you hope and will make you feel as though you are not alone in working with your challenges. Thank you, Dr. Lam, when planning on taking on the hard and emotional job of sharing your daily life story for the benefit of others. Reading his whole story was an excellent treat. A lovely, inspiring autobiography by a brilliant A lovely, inspiring autobiography by a brilliant, lightly humble man who despite parental abandonment, childhood starvation and extreme language challenges to become an MD AND who - for simply no personal gain (!!!) - spends many months every year bringing Tai Chi to many of the world's continents . I was motivated to try Tai Chi during a stop by at China in 2007. But reading his tale deepened my understanding and appreciation of Tai Chi a lot more. Some research upon my return revealed the significant, scientifically verified, benefits. In my late fifties, I started attending a class at a local senior middle. Dr Lam is usually on my personal list of people I would most like to meet in my lifetime. Lam's beginners video on YouTube. Attending workshops can be how I acquired past thinking a great deal to just enjoying it. Truly an Inspirational Story of a Remarkable Man An amazing story of survival and perseverance. Meeting him and getting tutored by him are among the experiences that I'm most grateful. Your daily life work of helping others proceeds through your book. Many thanks Dr. Lam! Lam. Extremely inspiring. You are really an inspiration. gripping, emotive, inspiring existence story of the creative, compassionate, and courageous founder of the Tai Chi for Health program Born Strong may be the poignant autobiography of Dr. Inspiring and I'm more dedicated to my . Now the publication has been published and the wait around was really worth it. When you have the impression that this book is only about tai chi, reconsider. My journey into Tai Chi started with an introductory program through my workplace with one of Dr Lam's accredited instructors. Inspiring and I'm more focused on my Tai Chi practice due to Paul's testimonial. Five Stars It's an incredible story and it's absolutely incredible what Dr. Lamb has done with his life. Very inspiring Worthwhile way to deepen your Tai Chi by reading Dr. Lam's tale. Anyone who's using Dr. Lam's Tai Chi for Wellness DVD's or books or attended a workshop already know that this can be an easy and quickly helpful way to learn Tai Chi. In 2013 I experienced the privilege of being authorized as a Tai Chi instructor by Dr. The serene facial expressions and graceful, synchronous actions of Tai Chi groups on sidewalks in Beijing and Xian attracted me. Lam talked about his personal journey in writing this book. Lam may use Tai Chi to stay physically and mentally healthy, everyone can. If anyone really wants to get better at Tai Chi, reading "Born Strong" is a good way to start because if Dr. Lam's personal history shows how he helps to keep turning crisis and suffering into chance and personal development. I had been interested in Tai Chi for some time but had no actual connection to access a beginning. Thank you for sharing your most personal and unpleasant experiences you will ever have. If you are interested in China or Tai Chi, this is a MUST read. Inspirational If you value tai chi or are just engaging in it, you will like Dr Lam's story and you will be inspired by it.



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