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It's my hope as a parent that I can encourage that side of you while discouraging the hitting and kicking. You have a very logical mind.

I can't wait to see what new adventures this next year will give us! Love

You jump on him, head-butt him, and tackle him every chance you get.

Currently, every car ride is exciting because you cheer me on when I drive through a green light.

And you did even better than I had hoped.

Your fine motor skills are awesome! You seem to especially like to write with pens, and you often "help" me with my grocery lists by scribbling all over the paper.

You don't like getting messy, but you love to color and do projects where you can use tools, like paintbrushes for example.

Thankfully, I know you're growing because you keep outgrowing shoes and clothes - but I'm sure this is only because of the supplements and formula you take.

Even the books you don't have memorized, you like to "read" to me by looking at the pictures and making up a story.

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About | al j. simon

Al J. Simon has been for his innovations to Tai Chi and Qigong. Al is the creator of Mental Clarity exercises and Dispersal Qigong have helped me relax and

Al j. simon | linkedin

View Al J. Simon's professional Zen Sherpa, Tai Chi and Qigong Master How a Simple Zen Story Reveals the Secrets to Finding Your 'True Self' (Link) Al J

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"Tai Chi and Qigong: 50 True Chi Stories" includes inspirational stories from fifty people whose lives have been made better by Tai Chi and Qigong.

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Al Simon :: Favorites to Tai Chi and Qigong. Al is the author of the three book series, "Three Monk Mindfulness," as well as the books "50 True Chi Stories" and

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To float like clouds, to flow like water: tai chi

Tai Chi and Qigong: 50 True Chi Stories. Al Simon takes a few key movements of Tai Chi and explores both their meaning and power as a method for understanding

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