

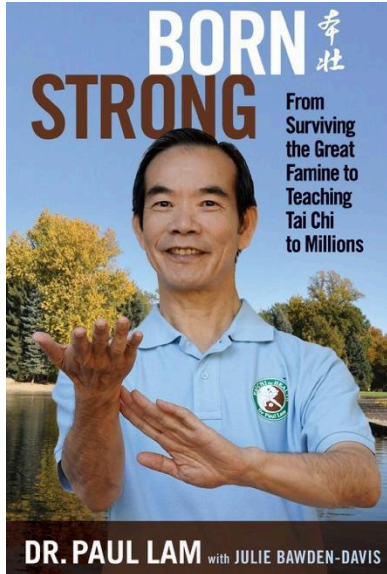


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Born Strong
by Dr. Paul Lam

Available at: [Tai Chi Productions](#)



From the back cover of the book:

In 1948, Dr. Paul Lam's mother left him in the care of his grandmother in China. Ten months old at the time, Dr. Lam – whose given Chinese name is Bon Trong, meaning “born to be strong” – grew up under the cruel Communist regime of Mao Zedong and nearly perished during the Great Famine. After escaping from China, studying in Hong Kong, and finally settling in Australia, Dr. Lam won a scholarship to study medicine.

Malnutrition left Dr. Lam with severe osteoarthritis. He found that tai chi not only helped him manage his condition, the ancient practice improved every aspect of his life. Dr. Lam's burning passion to help others led him to create the Tai Chi for Health programs, where he combined his Western and Chinese medical knowledge with modern teaching methods. More than five million people worldwide practice his Tai Chi for Health programs.

Born Strong by Dr. Paul Lam Parts 1 and 2

1. Looking at the cover of the book, what is the movement posture and why did Dr. Lam choose it?
2. What effect did the relationship with his grandmother and Aunt have on Dr. Lam's early life.
3. Part 1 Do you think Dr. Lam would be who he is today without the hardship he endured. Why?
4. Throughout the book each chapter has a Chinese Proverb, which one stood out to you and why?
Example: “A child's life is like a piece of paper on which every person leaves a mark.”
5. When Dr. Lam wanted to share his past experiences with his father but he stopped because he read into his father's feelings. Why do you think his father



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did not want to hear the story? Can you relate to a situation in your life where you wanted to share an experience, but the recipient was not interested? How did it make you feel?

6. Dr. Lam felt he was a disappointment to his father, but he became successful in many areas. Do you think feeling he was a disappointment gave him strength to do better and why?
7. Dr. Lam's mother made him feel ashamed of himself especially when he would only wear "Arrow" brand shirts. Due to his past up-bringing he was not aware what a "Brand" meant. Do you think it was unfair of his mother to reference this as "extravagance"?
8. On page 80 Dr. Lam's Big Cousin being an Engineer and Photographer gave him a lesson about cameras. Do you think this was a seed planted for Dr. Lam to write the book "Teaching Tai Chi Effectively" and why?
9. On page 82 Mr. Chin would practice Tai Chi on a terrace overlooking Happy Valley. How do you think this influenced Dr. Lam? Can you think back to a place that made you feel similar?
10. On page 84 Dr. Lam became enchanted with Louis Cha's stories of fantasies. He was impressed that the heroes focused on helping others. What influence do you think this has on Tai Chi for Health Programs? Are there similar influences that you have had in your life?
11. On page 86 Dr. Lam did not like geography until he had Mr. Mok as a teacher...why do you think that is? Have you had a similar teacher in your life?

Add your own questions:



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Parts 3 and 4

12. Chapter 18 –

Reference: Dr. Lam included the Chinese proverb: “If you always give, you will always have.”

How do you balance the “give” part? Personally, and professionally?

13. Dr. Lam tends to seek the positive in situations.

Can you find situations in your own experiences that you may have overlooked the positive outcomes in?

14. How can you try and connect with others that are harder to relate to or tend to be more negative?

15. We can easily be consumed by others, and it influences our perception while sometimes testing our patience. Have you experienced this? How do you think Dr. Lam would have handled these experiences?

16. The photos on pages 149-165 depict different times in Dr. Lam’s life. Did you have a favorite(s) and why?

17. Reference: The 7 Habits of Highly Effective People by Stephen Covey (page 195):

Stressing proactive thinking, regular practice and setting goals.

How can you incorporate these concepts into your Tai Chi practice routine?

18. When referring to the Law(s) of Nature.... How do they apply to Tai Chi? Can you find specific examples?

19. What does Infinite mean to you?

20. What are some of your favorite Chinese Proverbs used through the beginning of the chapters? Interpret.

Add your own questions:



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