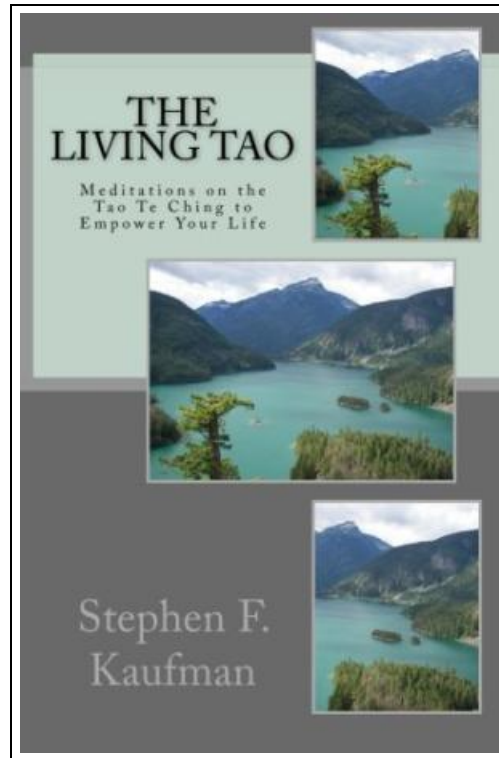


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(Kristy Hermann)

THE LIVING TAO: MEDITATIONS ON THE TAO TE CHING TO EMPOWER YOUR LIFE



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Lao Tzu s Tao Te Ching or Book of the Way is the ancient text on the art of living a comfortable and stress-free life. This newly revised, unique interpretation of the Taoist philosophy presents Lao Tzu s message clearly and in a direct manner that avoids confusing mystical explanations. To Hanshi Stephen Kaufman, a distinguished martial arts grandmaster and educator, the Tao Te Ching is simply a book of poetry and passion and through Hanshi s straightforward approach and explanation you will come to see that to understand the Tao is to understand the beauty and simplicity of life. The Living Tao presents eighty-one original poems followed by the author s commentary relating each to the physical, mental, and spiritual aspects of life based on the Chinese notion of yin and yang. The result is a guide for living that can empower you to achieve meaning and fulfillment in your life. It is unnecessary to delve into the actual history of the Tao. That would detract from the intent of my interpretation, and I give you an understanding of what it is from my point of view. The Tao becomes specific to the life of each man and woman when it is followed. Everyone is a warrior.



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