



Being Taoist: Wisdom for Living a Balanced Life

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A beautifully clear and accessible explanation of how to live a Taoist life--by renowned Taoist master Eva Wong.

Taoism isn't a spiritual extracurricular activity, it's an integral practice for living all of life to the fullest. The modern Taoist adept Eva Wong is your guide to living well according to the wisdom of this ancient system. She uses the ancient texts to demonstrate the Taoist masters' approach to the traditional four aspects of life--the public, the domestic, the private, and the spiritual—and shows how learning to balance them is the secret to infusing your life with health, harmony, and deep satisfaction.?

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