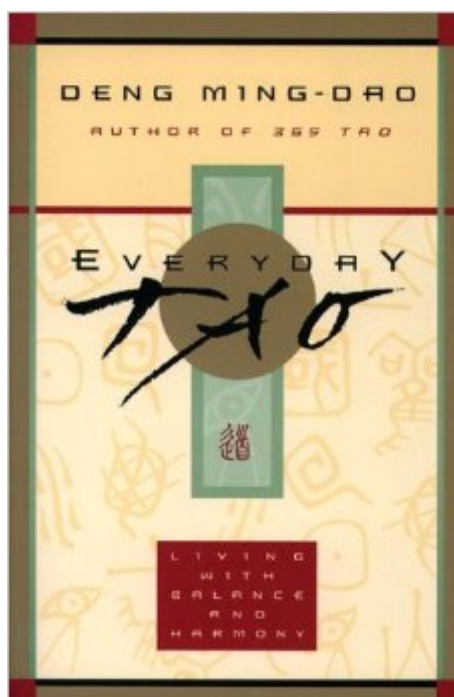


The book was found

Everyday Tao: Living With Balance And Harmony



Synopsis

The Taoist spirit comes to life, made vibrant and contemporary through the Chinese ideograms whose images and stories speak of living in harmony with the Tao. Everyday Tao revives an ancient approach to meditation and reflection by using these stories as sources of insight for spiritual growth. Tao is a person running along a path A companion volume to the bestselling 365 Tao, Everyday Tao offers clear, specific directions on bringing the Taoist spirit into our work, our relationships, and other aspects of our everyday lives. Each ideogram provides the starting point for a Taoist lesson. The narrative that follows shows how we can achieve an intimate relationship with nature, others, and our natural selves.

Book Information

Paperback: 256 pages

Publisher: HarperOne; 1 edition (May 10, 1996)

Language: English

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Product Dimensions: 5.3 x 0.6 x 8 inches

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (37 customer reviews)

Best Sellers Rank: #370,625 in Books (See Top 100 in Books) #246 in [Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Taoism](#) #306 in [Books > Politics & Social Sciences > Philosophy > Eastern > Taoism](#) #1123 in [Books > Christian Books & Bibles > Worship & Devotion > Meditations](#)

Customer Reviews

This is the first 'Tao' book I've ever read. I picked this up, not even really knowing what 'The Tao' is. As I flipped through and read the short passages on random pages, I was immediately drawn in to the peacefulness, simplicity and the interpretations of the words and symbols on the pages. I found the introduction to be extremely well written. I even go back and re-read the introduction, just because I love what it says! For example, it begins with this: "Following Tao means following a living path. It is a way of life that sustains you, guides you, and leads you to innumerable rich experiences. It is a spiritual path of joy and insight, freedom and profundity." -Wow, well that sounded like just what I was looking for! The introduction goes on to explain some of the special qualities of those who follow Tao. Then, tells you about other good books to read about the Tao. The structure of the book

is then broken down to explain what each part is for. Now, here's an overview of the book: There are 256 pages. Each page has a word at the top left hand corner of the page, and a Chinese (calligraphy) symbol below the word. There is a paragraph beside the symbol that explains the symbol/picture/lines in brief detail. Below that, there are about 3-4 short paragraphs on each page that describe the meanings/relevance of the word/symbol in our lives. My book is full of bookmarks and slips of paper of my favorite passages. This is a partial excerpt that I particularly liked: Moon: "It is important in life to be constant." "The moon has its own primal power. It pulls on the earth; it pulls on the oceans and on the hearts and minds of human beings; it paces the seasons. The moon does not fight. It attacks no one.

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