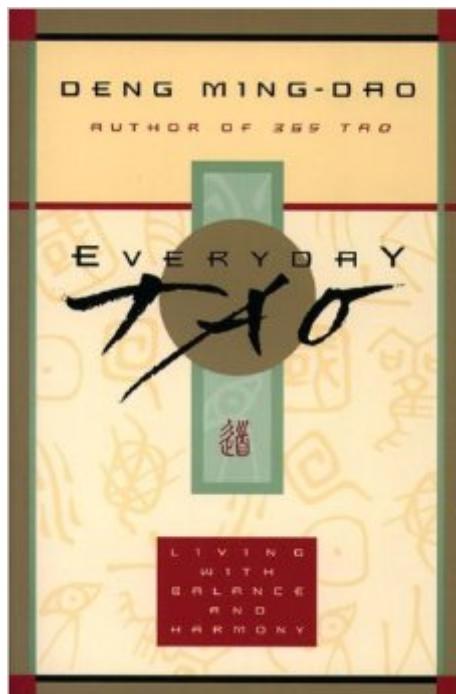


The book was found

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 pathA 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

ISBN-10: 0062513958

ISBN-13: 978-0062513953

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ (37 customer reviews)

Best Sellers Rank: #370,625 in Books (See Top 100 in Books) #246 inÂ Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Taoism #306 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Taoism #1123 inÂ 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.

[Download to continue reading...](#)

Everyday Tao: Living with Balance and Harmony Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) The Way of the Tao, Living an Authentic Life: Lao Tzu's Tao Te Ching, A Treatise and Interpretation Harmony Black (Harmony Black Series Book 1) Heart, Self, and Soul: The Sufi Psychology of Growth, Balance, and Harmony What's Color Got To Do With It? Paint color ideas that Create Balance and Harmony in Your Home. Walking on the Wind: Cherokee Teachings for Harmony and Balance The Tao of Yoda: Based Upon the Tao Te Ching by Lao Tzu Tao Te Ching: The New Translation from Tao Te Ching, The Definitive Edition (Tarcher Cornerstone Editions) ISO 1940-1:2003, Mechanical vibration -- Balance quality requirements for rotors in a constant (rigid) state -- Part 1: Specification and verification of balance tolerances Balance is Power: Improve Your Body's Balance to Perform Better, Live Longer, and Look Younger ISO 1940-2:1997, Mechanical vibration - Balance quality requirements of rigid rotors - Part 2: Balance errors Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Balance (Off Balance Book 1) Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Everyday Magic: Spells & Rituals for Modern Living (Everyday Series) The Human Hologram: Living Your Life in Harmony With the Unified Field The Rawsome Vegan Cookbook: A Balance of Raw and Lightly-Cooked, Gluten-Free Plant-Based Meals for Healthy Living Winning Balance: What I've Learned So Far about Love, Faith, and Living Your Dreams Real Goods Solar Living Sourcebook: Your Complete Guide to Living beyond the Grid with Renewable Energy Technologies and Sustainable Living

[Dmca](#)