



Simple Taoism

A Guide to Living in Balance

Simple Taoism is designed to help the reader understand what Taoism is about and to help apply its best aspects to everyday living. Divided into three parts, the book outlines: A clear explanation of Taoism and how to apply its best aspects to your daily life. Simple instructions for exercises to lead a fuller life—meditation, breathing, chi kung, and tai chi chuan. An informative discussion of key Taoist concepts, including wu-wei (nonaction), yin and yang, and Te (power virtue, life). (0804831734)

Language: en

Pages(s): 192

Publisher(s): [Tuttle Publishing](http://www.tuttlepublishing.com)

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published: 1999-05-15

pages: 192

language: en

