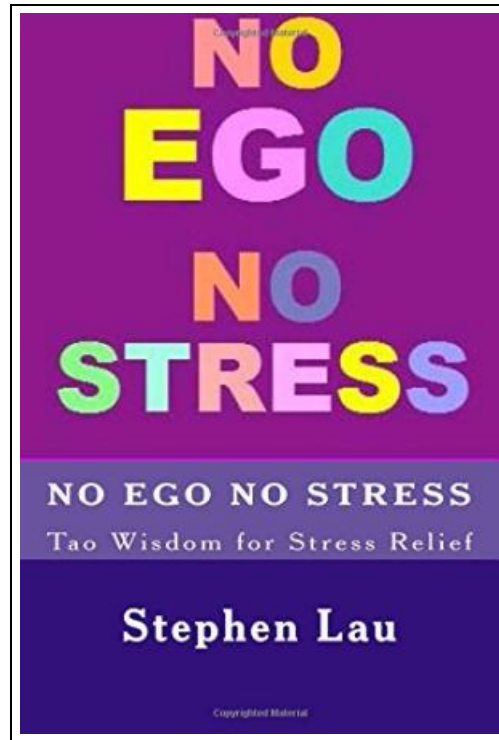


No Ego No Stress: Tao Wisdom for Stress Relief



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Reviews

*Extremely helpful for all class of folks. I really could comprehend almost everything using this written e publication. You will not feel monotony at at any time of the time (that's what catalogs are for about in the event you check with me).
(Prof. Melyna Dooley V)*

NO EGO NO STRESS: TAO WISDOM FOR STRESS RELIEF



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. NO EGO NO STRESS is a 134-page book by Stephen Lau on ancient human wisdom for stress relief. Specifically, it is about Tao wisdom, which originates from the ancient Chinese sage Lao Tzu, the author of Tao Te Ching -one of the most translated works in world literature. Tao Te Ching is popular due to its profound and unconventional wisdom, which is both intriguing and controversial. NO EGO NO STRESS is divided into four parts: PART ONE An Introduction to Stress: How and where stress comes from; the damage and devastation of stress to human health. PART TWO Conventional Wisdom: The major life stressors come from career, money, relationship, adversity, and time. Conventional wisdom offers many strategies for stress relief, such as exercise, herbs, medications, meditation, and psychotherapies, among many others. Conventional wisdom may reduce stress levels, but it does not eradicate stress completely. Conventional wisdom only complements the ancient Tao wisdom for ultimate stress relief. PART THREE Tao Wisdom: This part not only explains what Tao wisdom is all about, but also contains the complete translation in simple English of all the 81 short chapters of Tao Te Ching. Going through the whole script, interpreted and translated by the author, will enable you to understand the essentials of Tao wisdom for stress-free contemporary living. PART FOUR No Ego No Stress: Stress originates from the human mind: how it perceives and processes life experiences. What is stress to one individual may not be stress to another. This part explains in detail how having no ego can eradicate stress related to career, relationship, money, adversity, and time. NO EGO NO STRESS points out how the human ego is...



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