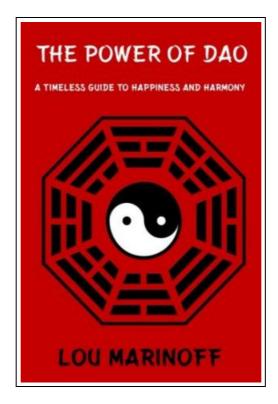
# The Power of DAO: A Timeless Guide to Happiness and Harmony (Paperback)



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# Reviews

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## THE POWER OF DAO: A TIMELESS GUIDE TO HAPPINESS AND HARMONY (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. For over 2,500 years, Lao Tzu s philosophy of Dao has helped hundreds of millions of people to attain equanimity and sustain serenity. In The Power of Dao, Lou Marinoff shows how Dao, or the Way, can serve as a potent remedy to the stress, anxiety, and daily challenges of living in our wildly unpredictable and constantly changing world. The Power of Dao illuminates the central teachings of Lao Tzu, applying them to everyday matters facing us all in the areas of health and well-being, love and marriage, creativity and career, personal achievement and purpose. Every chapter is replete with illustrative case studies, revealing how emperors, artists, athletes, and ordinary citizens alike have accessed the power of Dao. Daoist wisdom can restore balance in precarious human relationships, promote calm when coping with illness and mortality, and empower us to be better citizens and wiser leaders. Harmonizing nature and nurture, Dao teaches us to attain our true potential, and avoid envy, greed, and anger. Beyond transforming individual lives, Dao holds out the promise of a new golden age of prosperity, peace, and cultural advancement. Americans among other Westerners have sustained growing mainstream fascination with Dao (and its sister philosophy, Buddhism) for several decades, embracing the Way not only for its inherent beauty and power, but also as a spiritual remedy for culturally-induced epidemics that are sweeping Western and Westernized cultures. Increasingly today, Westerners are turning to holistic practices that originated in China as outgrowths of Daoism: qigong, tai chi, meditation, feng shui, acupuncture, and herbal medicine, among others. The Power of Dao is a quintessential guide to personal happiness, social harmony, economic prosperity, and political balance. As enthusiastic endorsers and Amazon reviewers attest,...



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