



Taoism: An Essential Guide

By Eva Wong

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For the first time, the great depth and diversity of Taoist spirituality is introduced in a single, accessible manual.

Taoism, known widely today through the teachings of the classic *Tao Te Ching* and the practices of t'ai chi and feng-shui, is less known for its unique traditions of meditation, physical training, magical practice, and internal alchemy. Covering all of the most important texts, figures, and events, this essential guide illuminates Taoism's extraordinarily rich history and remarkable variety of practice. A comprehensive bibliography for further study completes this valuable reference work.

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Taoism: An Essential Guide By Eva Wong Bibliography

- Sales Rank: #37572 in Books
- Brand: Brand: Shambhala
- Published on: 2011-03-08
- Released on: 2011-03-08
- Original language: English
- Number of items: 1
- Dimensions: 8.98" h x .71" w x 5.99" l, .82 pounds
- Binding: Paperback
- 288 pages

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Review

"This book enables the reader to examine the seemingly disparate elements of Taoism as well as the thread that unifies this living tradition, through the eyes and heart of a scholar-practitioner."—Gary D. DeAngelis, PhD, editor of *Teaching the Daode Jing*

About the Author

Eva Wong is an independent scholar and a practitioner of the Taoist arts of the Pre-Celestial Way and Complete Reality lineages. She has written and translated many books on Taoism and related topics, including *A Master Course in Feng-Shui*; *Tales of the Taoist Immortals*; and *Taoism: An Essential Guide*.

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