



## Tao Te Ching: Lao Tzu s Timeless Classic for Today

By Dr David John Tuffley

Createspace, United States, 2010. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Tao Te Ching is a how-to guide for creating harmony in your life. It can transform you, heal you, make you into the person you were always meant to be by teaching you about your true nature. It describes a force called the Tao that operates uniformly throughout the universe and is the causal agent of everything that happens. This edition begins with a discussion on knowing the Tao. With this foundation, it goes on to discuss how to use the Tao to become more conscious, to cultivate yourself, to lead others, to influence group dynamics, and when to refrain from action. Central Idea A central idea in the Tao Te Ching is the importance of avoiding extremes and always seeking the middle path on our journey through life. The objective is to operate from the middle ground between the extremes. This avoids causing any counter-reactions to your own actions. The net effect is one of neutrality. Finding the middle path means not needing to suffer the consequences of an act. In terms of the doctrine of...



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