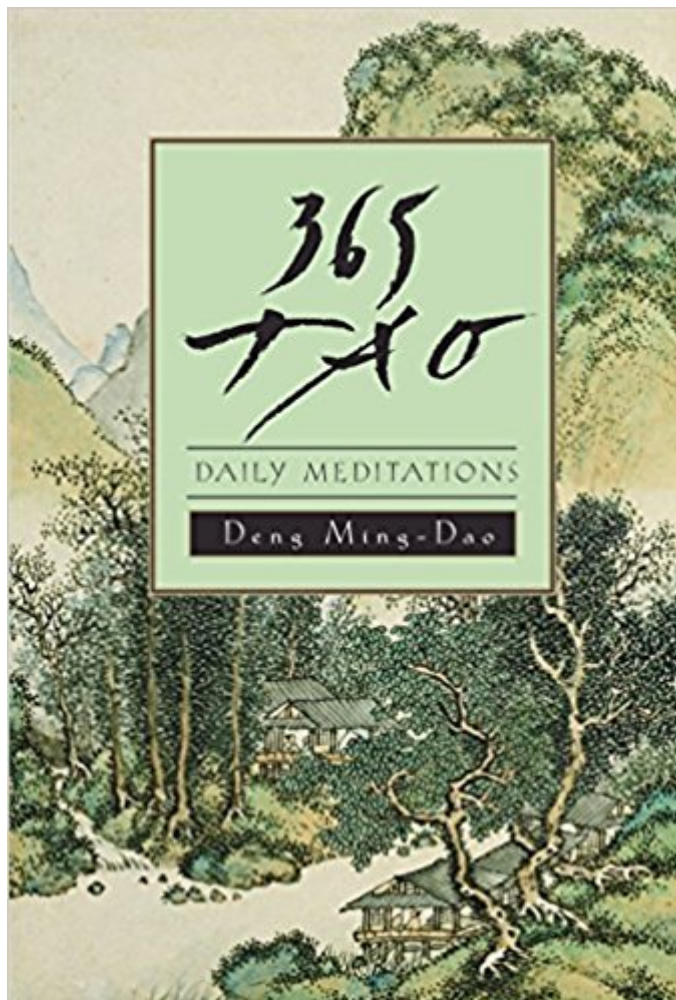


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# 365 Tao: Daily Meditations



## Synopsis

Place the word Tao Into your heart. Use no other words. The Tao is constantly moving, the path that all life and the whole universe takes. There is nothing that is not part of it. Harmonious living is to know and to move with the Tao. It is a way of life, the natural order of things, a force that flows through all life. 365 Tao is a contemporary book of meditations on what it means to be wholly a part of the Taoist way, and thus to be completely in harmony with oneself and the surrounding world. Deng Ming-Dao is the author of eight books, including The Living I Ching, Chronicles of Tao, Everyday Tao, and Scholar Warrior. His books have been translated into fifteen languages. He studied qigong, philosophy, meditation, and internal martial arts with Taoist master Kwan Saihung for thirteen years, and with two other masters before that.

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## Customer Reviews

Deng Ming-Dao is the author of eight books, including 365 Tao, The Living I Ching, Chronicles of Tao, Everyday Tao, and Scholar Warrior. His books have been translated into fifteen languages. He lives in San Francisco.

I own quite a few daily meditation books and this is by far my favorite. I loved studying the Tao Te Ching when in college many years ago. The author of this book, Ming-Dao Deng, has made the meditations based on the verses much more accessible to the Western mind. I find each page to contain profound wisdom and purchased a second copy for my young adult nephew who is always

searching for truth.

I read tomorrow's meditation when I go to bed so I can see how it'll fit in my day

This book is great

One of my favorite books - use it almost daily - this copy was a gift.

I read each daily meditation on a daily basis. I love it. I found many of the daily meditations to be inspiring to an unexpected degree.

Amazing book! I love it. Very inspiring and helpful for anyone wanting to live a spiritual life.

Start my day with this. Nice change of pace from the other books.

This is a thought provoking book, a life changing book. If you meditate, your process will deepen. If you don't, you will want to and should, to ponder the thoughts and messages so beautifully written.

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