



The Complete Idiot's Guide to Taoism

Brandon Toropov, Chadwick Hansen

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You're no idiot, of courser. You know Taoism is one of the world's oldest religions, based on simplicity and balance. However, you may not know it has important parallels with modern Western faith; health, ecology, even in pop culture icons as Luke Skywalker and The Beatles.

But you don't have to sit at the feet of a Taoist master to learn how the Taoist tradition has enlightened seekers throughout the centuries! 'The Complete Idiot's Guide to Taoism' will show you exactly why Taoist principles appeal to people from every walk of life! in this 'Complete Idiot's Guide', you get:

- The history of the Daode Jing, the world's shortest core religious text, and Laozi, it's mysterious author.
- The teachings of Zhuangzi, the often-overlooked master sage of Taoism.
- An explanation of ying-yang and what it represents.
- Taoism's relationship to Zen Buddhism.

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