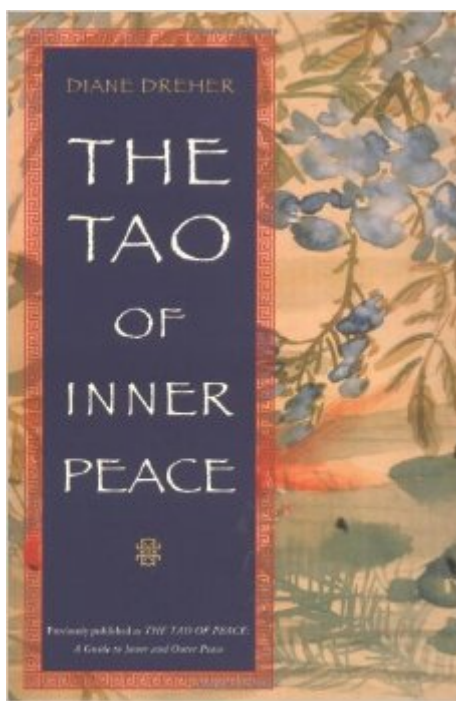


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# The Tao Of Inner Peace



## Synopsis

Translated more often than any other book except the Bible, the Tao Te Ching has been a spiritual guide for centuries, helping millions find peace within themselves, with each other, and with the natural world around them. Written in workbook style, complete with exercises, questionnaires, journal-keeping techniques, and affirmations, The Tao of Inner Peace translates the ancient Eastern philosophy into a plan for contemporary Western living. Diane Dreher, Ph.D., shows the way to: \*

- Bring greater joy, fulfillment, and creativity to daily life
- \* Heal the body and spirit
- \* Build self-acceptance and self-esteem
- \* Resolve conflict
- \* Reverse negative cycles of emotion

\* Understand life as a process of changes and challenges

With its lively, demystifying approach, The Tao of Inner Peace shows how the Tao can be a powerful source of growth, inspiration, and peace.

## Book Information

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## Customer Reviews

Diane Dreher takes on a daunting task ... teaching modern human beings how to live a more harmonious life ... using ancient Chinese texts written by Lao Tzu. She does an admirable job and achieves her goal ... for the highly motivated reader. First, the book is divided into sections that cover the concepts in a logical sequence. Her divisions are I. "The Way: Then and Now", II. "The Inner Way", III. "The Way of Nature", IV. "The Way of Life, and V. "The Way of Peace". I like how she starts each chapter with a translation of a specific Chinese quote which illustrates the concepts and principles to be covered in the chapter. She amplifies the meaning of the text, bringing it up to date for modern consumption. The goal of her book is to help the reader become a "Tao person"

defined as "someone who recognizes and works with the patterns of nature." ">Read more â 9

I consider myself a student of Tao, having read Taoist classics including the Tao Te Ching, the I Ching, and the Chuang Tzu. I have also read the Tao of Pooh, Everyday Tao, and the Tao of Physics just to name a few. I also practice Tai Chi. Therefore, I cannot fully express the disappointment I felt while reading Dreher's the Tao of Inner Peace. Why? It did not seem to gel with Taoist principles. In fact, Dreher's presentation of Tao is hampered by a distinctly western perspective, more influenced by Hippie culture than by far eastern mysticism. Though Hippie culture is somewhat based on Zen, and Zen is based on Taoism, Hippie culture is not Taoism proper. In fact, at the closest, her presentation is Taoism twice removed. Although there are a few pearls of wisdom, they are hidden within what turns out to be a thinly veiled treatise on Green Party Politics. The book is hampered by militant political views. Though it is true that Lao Tzu wrote the Tao Te Ching to be a guide to proper leadership, that leadership is 1) by example, and 2) meant to be performed naturally and subtly. Dreher's politics, however, are blatant and combative, encouraging an activist role. Traditionally, Taoists are non-political and withdraw from public life. So it was with Chuang Tzu. Even Confucius, that pinnacle of ancient Chinese politics, after studying the I Ching and after meeting Lao Tzu looked back on his life with regret. He felt he had pushed too hard for law and order, and had not simply withdrawn and lived the simple life free from chaos and disorder. The meditations in this book are also very western, having been directly selected from self-help guidelines. Thus, they are more 'new age' and 'trendy' than Taoist.

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Inner Peace: Stepping into Serenity to Find Peace of Mind (Inner Peace and Happiness, Peace of Mind Book 1) The Tao of Inner Peace Codependency Recovery: Wounded Souls Dancing in The Light: Book 1: Empowerment, Freedom, and Inner Peace through Inner Child Healing Peace of Mindfulness: Everyday Rituals to Conquer Anxiety and Claim Unlimited Inner Peace The Tao of Yoda: Based Upon the Tao Te Ching by Lao Tzu Tao Te Ching: The New Translation from Tao Te Ching, The Definitive Edition (Tarcher Cornerstone Editions) The Way of the Tao, Living an Authentic Life: Lao Tzu's Tao Te Ching, A Treatise and Interpretation Recovery of Your Inner Child: The Highly Acclaimed Method for Liberating Your Inner Self Inner Bonding: Becoming a Loving Adult to Your Inner Child Coloring Journal (black): Therapeutic journal for writing, journaling, and note-taking with coloring designs for inner peace, calm, and focus (100 ... and stress-relief while writing.) (Volume 11) Yoga for Life: A Journey to Inner Peace and Freedom Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation

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