



Simple Taoism: A Guide to Living in Balance

C. Alexander Simpkins, Annellen Simpkins

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Simple Taoism is designed to help the reader understand what Taoism is about and to help apply its best aspects to everyday living. Divided into three parts, the book outlines:

An informative discussion of key Taoist concepts, including *wu-wei* (nonaction), yin and yang, and *Te* (power virtue, life).

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