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## **Taoism For Dummies Cheat Sheet - Learning Made Easy**

Taoism \*is\* "simple"; it isn't easy to practice, but far too many authors tend to analyze and over-analyze while defining, which is the precise antithesis of Tao. The second section of this book takes a solid

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Taoist approach by simply defining the terms; you use them your Way.

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A clear explanation of Taoism and how to apply its best aspects to your daily life.

Simple instructions for exercises to lead a fuller life—meditation, breathing, chi kung,

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and tai chi chuan.

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