



The Tao: The Living Wisdom Series

Mark Forstater

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The Tao Te Ching is one of the most influential philosophies in the Eastern world. As relevant now as it was 2,300 years ago, the ageless wisdom of the Tao offers profound guidance and shows readers how to seek contentment. In **The Tao**, Mark Forstater reinterprets and illuminates these mysterious ancient writings to create a blueprint for daily life. Through its gentle insights and focus on the eternal harmony of life, The Tao can help readers:

- Unite mind, body, and spirit
- Establish a better way of living
- Reverse destructive habits
- Enjoy a long and healthy life

A contemporary look at a timeless practice that has influenced everything from Feng Shui to acupuncture, **The Tao** is the essential guide to achieving balance and serenity and experiencing personal transformation.

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