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Titolo	Daoist Cultivation of Qi and Virtue for Life, Wisdom, and Learning / / by Tom Culham, Jing Lin
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Note generali	Includes index.
Nota di contenuto	1. Introduction: Why This Book Is Relevant and Critical Today -- 2. A Personal Journey and Introduction -- 3. Daoist Cosmology and Axiology, or the Philosophy of Qi and Virtues -- 4. Virtue and Qi: The Pursuit of Immortality in Daosim -- 5. Daoist Epistemology: Integral Cultivation of Knowing and Being -- 6. My Personal Journey and Is It Good for You to Be Good? -- 7. A Brief Comparison of Daoist Philosophy and the Enlightenment -- 8. Integrating Reason, Emotion, Subjectivity, Spirituality, and Neuroscience -- 9. The Technology of Cultivating Virtue and Qi—An Overview -- 10. Alignment of Being Human with Virtue and Qi -- 11. Insights from within the Daoist Tradition: Incorporating Qi and Virtue into Contemporary Education -- 12. Cultivating Qi and Virtue, Daoist and Current Thought: Education Insights.
Sommario/riassunto	This book explores the Daoist philosophies of qi and virtue through

inquiry into their potential as technologies for cultivating good among individuals and society within educational settings, as well as more broadly in the modern world. The first part of the book, authored by Jing Lin, examines Daoist cosmology, axiology, and epistemology. In so doing, she illuminates *qi* cultivation's reliance on the accumulation of virtues, leading to transformation of the body and even—extraordinarily—the abilities of Daoist masters to transcend physical limitations to achieve health, longevity, and immortality. The second part of the book, authored by Tom Culham, establishes an understanding of *qi* and virtue as a technology within the Daoist paradigm, outlining the benefits of its cultivation while illuminating how contemporary Western philosophy and science support this paradigm. Both authors explore new forms of education to incorporate Daoist wisdom in schooling.
