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Soggetti	Taoism Taoist philosophy Philosophy, Chinese Qi gong Mind and body Meditation Well-being Qi (Chinese philosophy) Medicine, Chinese
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Sommario/riassunto	Includes the complete Dao de jing in English and its original Chinese text, as well as the translator's commentary and analysis of each chapter. The book examines one of the world's most enduring and influential literary works, the Dao De Jing, through the timeless art of qigong, investigating the original text's relevance for mental, spiritual and physical health practices. In his words, Lao Tzu (or Laozi), author of the Dao De Jing, embodies qigong principles, advocating the cultivation of mind and body. Only when we know qigong can we know Lao Tzu-- and only when we know Lao Tzu can we know the Dao De Jing.-- Publisher.

