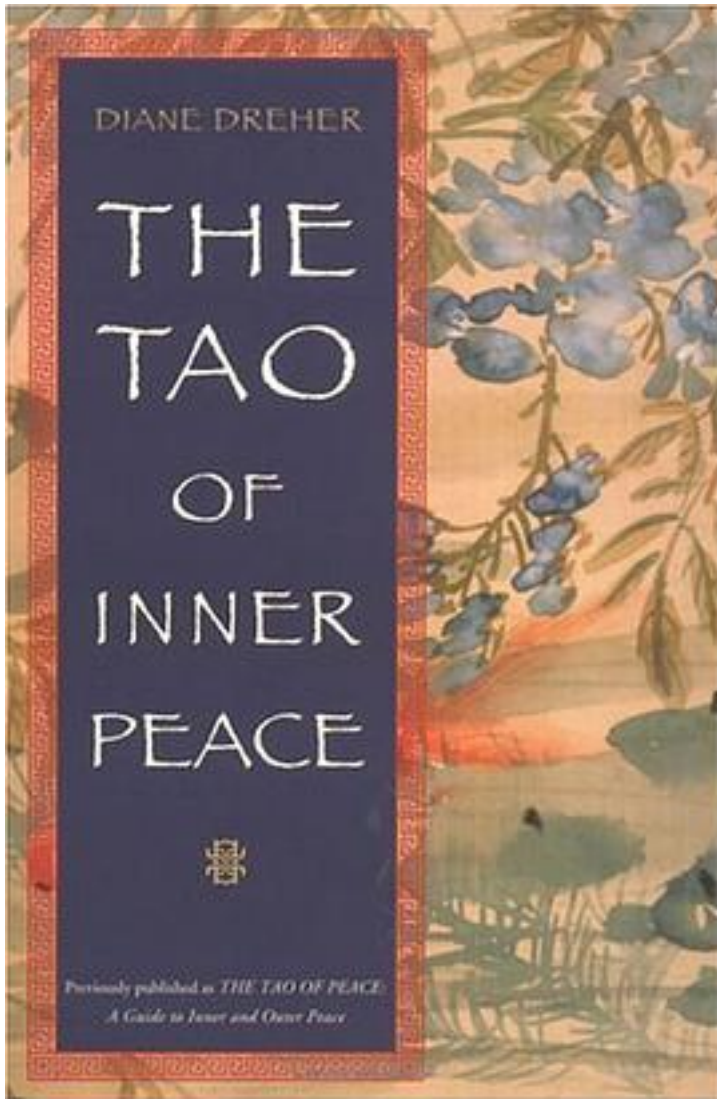


# The Tao of Inner Peace



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Translated more often than any other book except the Bible, the Tao Te Ching has been a spiritual guide for centuries, helping millions find peace within themselves, with each other, and with the natural world around them. Written in workbook style, complete with exercises, questionnaires, journal-keeping techniques, and affirmations, The Tao of Inner Peace translates the ancient Eastern philosophy into a plan for contemporary Western living. Diane Dreher, Ph.D., shows the way to: -- Bring greater joy, fulfillment, and creativity to daily life -- Heal the body and spirit -- Build self-acceptance and self-esteem -- Resolve conflict -- Reverse negative cycles of emotion -- Understand life as a process of changes and challenges With its lively, demystifying approach, The Tao of Inner Peace shows how the Tao can be a powerful source of growth, inspiration, and peace. "A simple and comprehensive vision of personal and planetary peace . . . Dreher's examples work as meditations as well as road maps."-- Minneapolis Star Tribune

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