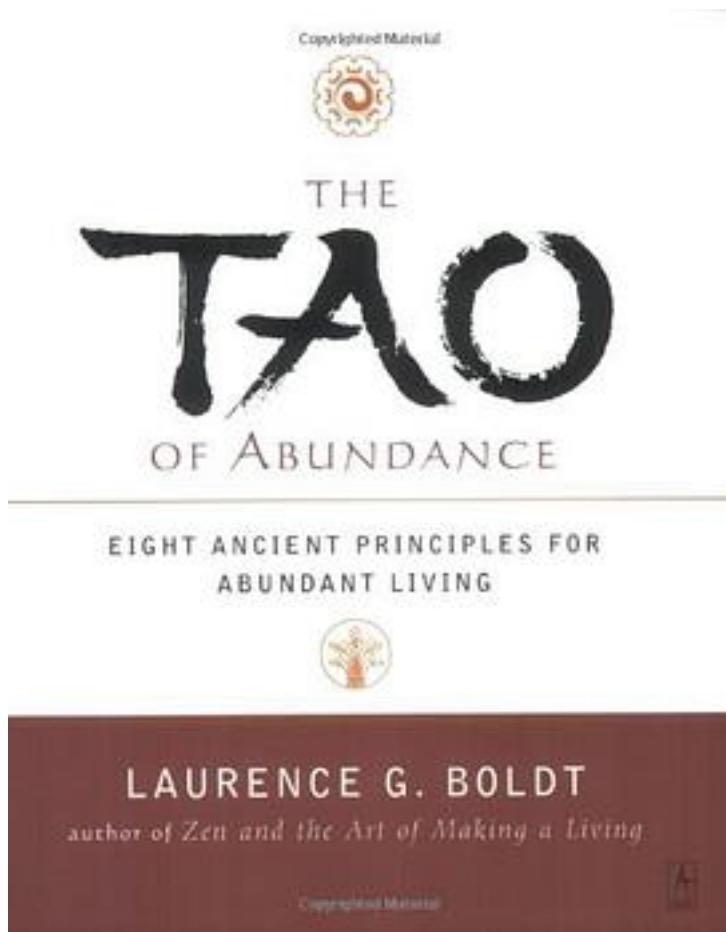


# Tao of Abundance



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著者:Boldt, Laurence G.

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How much is enough? The bestselling author of *Zen and the Art of Making a Living* shows how to achieve material abundance without becoming spiritually bankrupt

Through his intelligent, appealing integration of Eastern philosophy and practical advice, Laurence G. Boldt has helped thousands of readers find personal satisfaction in their work and personal lives. Now he applies these principles to the subject of abundance: How do we achieve material wealth without sacrificing our souls?

In The Tao of Abundance , Boldt applies ancient wisdom to modern times, presenting eight guiding principles from Taoist philosophy geared to help readers make practical life changes that will bring them a truer and deeper sense of abundance. Boldt encourages readers to strike a balance between material and spiritual wealth--not to favor one over the other--and argues that increased material wealth comes as a natural byproduct of psychological fulfillment. With exercises designed to help readers find their own balance between societal demands and their own deepest desires, this helpful, inspiring book offers the chance to experience a new feeling of abundance in all aspects of life.

作者介绍:

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