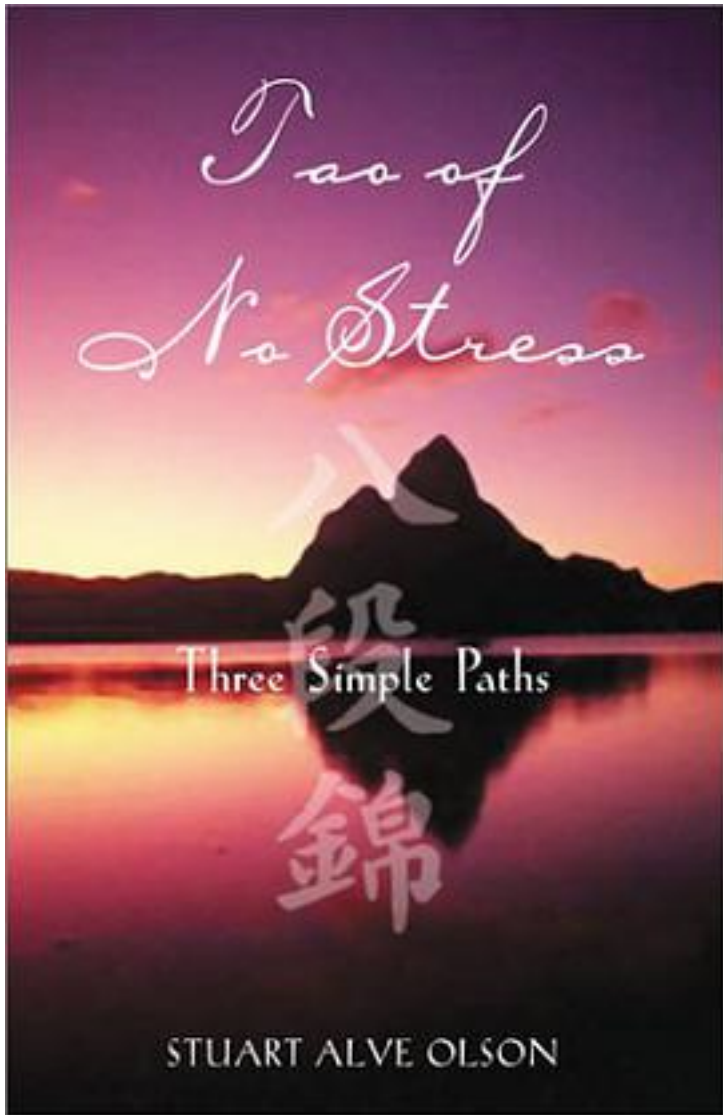


# Tao of No Stress



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出版者:Inner Traditions

出版时间:2002-3

装帧:Pap

isbn:9780892819874

Starting from the basic principle of 'If you want to know how to eliminate stress ask someone who is without stress' Stuart Alve Olson introduces the simple time tested exercises of Taoist masters to teach even the most harried Westerner how to go beyond reducing stress to eliminating it all together. Olson offers easy to use techniques to help us let go of tension and mental strain through breathing mental relaxation and massage. Readers will learn from fifth century physician T'ao Hung-chin the six sounds therapy that can be practised between phone calls at the office or during morning traffic. Whether rubbing a simple pressure point in the middle of a meeting or enjoying breathing methods like the Heng Ha breath all day long readers will discover the gifts of tranquillity health and balance offered by age old Taoist practices. TAO OF NO STRESS utilises traditional verse photos and the down to earth guidance of the author to teach both the experienced Taoist practitioner and the complete novice how to live stress free in a stress full world. Adapts ancient Taoist wisdom to address the problems of a frenetic lifestyle. Offers clear instructions for releasing massaging and breathing stress away. Explores the mind/body/stress connection showing that once the mind is calm the body can function at its best.

作者介绍:

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