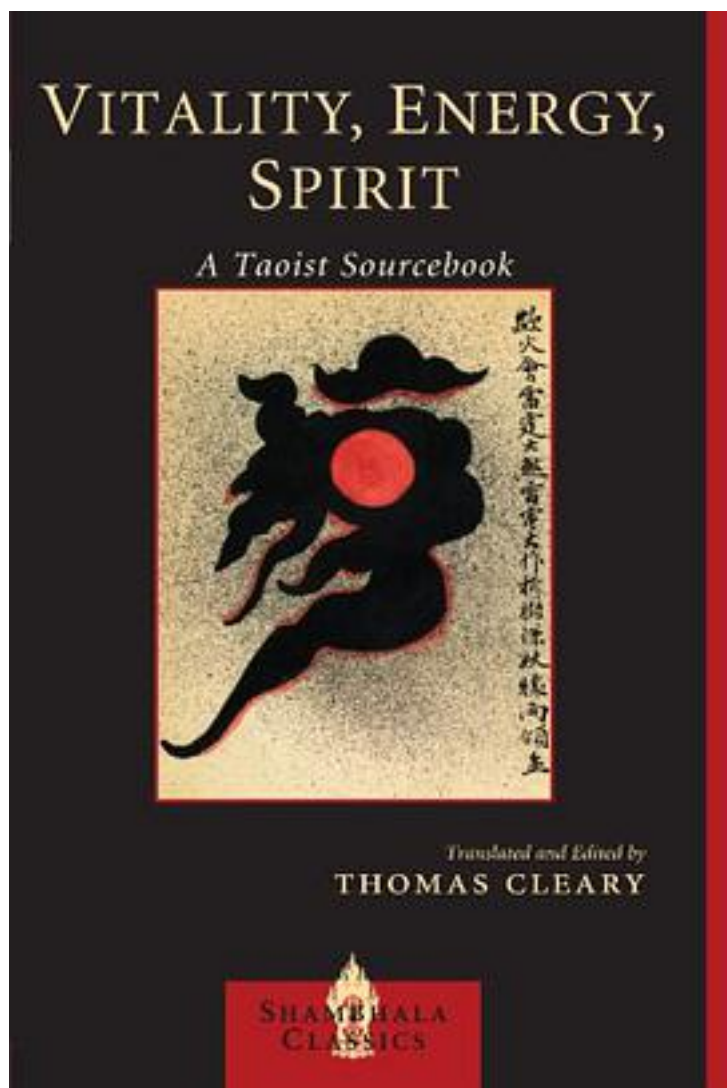


Vitality, Energy, Spirt



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The “three treasures” of human life—vitality, energy, and spirit—are envisioned in Taoist thought as the source of creativity, capability, and intelligence. This comprehensive anthology traces the teachings on these three treasures through the long history of Taoism, highlighting the quintessential works on their practical application for mental and physical well-being. Along with brief selections from the classic sources of Taoism by Lao Tzu and Chang-tzu, the book presents a rich selection of tales and sayings from Taoist literature, as well as a broad range of writings from the Complete Reality school, including essays and commentary from such figures as Lü Yen, Chang Po-tuan, and Liu I-ming.

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