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Being Taoist: Wisdom for Living a Balanced Life

Eva Wong

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Taoist living rests on four pillars: the public, the domestic, the private, and the spirit lives. Not only do Taoists strive to live these four aspects fully and in a balanced way, they also believe there is an outlook and an art to each of them. Eva Wong uses the teachings of Taoist masters themselves to explain the essential concepts. She then gives voice to these texts—simplifying them, removing barriers to understanding, and making them completely accessible and relevant to the modern reader.

Wong is a clear and enthusiastic guide to this intriguing spiritual Way, and she challenges us to stop, reflect, and ask ourselves: Do we balance the public, domestic, private, and spirit aspects of our lives, or do we emphasize some at the expense of the others? How can we think about unifying worldly and spiritual wisdom in day-to-day living?

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