



# Tao für Dummies (German Edition)

*Jonathan Herman*

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## **Tao für Dummies (German Edition)** Jonathan Herman

Sie interessieren sich für die Traditionelle Chinesische Medizin, Feng Shui oder Qi Gong und möchten nun wissen, auf welchen Gedanken all das beruht? Dann ist dieses Buch genau das richtige für Sie. Jonathan Herman, der in Harvard über chinesische Religionen promovierte, erläutert Ihnen, was es mit dem Tao, dem Weg, mit Chi, der Kraft, und dem Yin und Yang auf sich hat, das viel mehr ist als nur der Gegensatz zwischen männlichem und weiblichem Element. Zunächst einmal geht es um die Frage, ob Taoismus eine Philosophie oder eine Religion ist und dann erläutert der Autor die so wichtigen Ideen des Wu Wei, des Nicht-Eingreifens, Nicht-Handelns oder Nicht-Erzwingens, die viele Menschen im Westen in ihren Bann gezogen haben. Und schließlich erfahren Sie, wie durch den Taoismus im Dreiklang mit dem Buddhismus und dem Konfuzianismus all jene Ideen im Westen populär wurden, die für viele heute so anziehend sind. Lassen Sie sich ein auf diesen spannenden Weg.

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