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Everyday Tao: Living with Balance and Harmony

Ming-Dao Deng

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The Taoist spirit comes to life, made vibrant and contemporary through the Chinese ideograms whose images and stories speak of living in harmony with the Tao. *Everyday Tao* revives an ancient approach to meditation and reflection by using these stories as sources of insight for spiritual growth.

Tao is a person running along a path

A companion volume to the bestselling *365 Tao*, *Everyday Tao* offers clear, specific directions on bringing the Taoist spirit into our work, our relationships, and other aspects of our everyday lives. Each ideogram provides the starting point for a Taoist lesson. The narrative that follows shows how we can achieve an intimate relationship with nature, others, and our natural selves.

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