



# Living Tao: Timeless Principles for Everyday Enlightenment

*Ilchi Lee*

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## **Living Tao: Timeless Principles for Everyday Enlightenment** Ilchi Lee

Tao has been built into the foundation of East Asian culture for millennia, and many books have been written to explain it. But Tao cannot fully be explained in words; it can only be felt and experienced. Tao is something you live, day by day, moment by moment. It's the omnipresent oneness beyond ephemeral phenomena that expresses itself in everything.

New York Times bestselling author Ilchi Lee, an enlightened Tao master from South Korea, has laid out a path to living Tao everyday. Along this path, he guides you to an understanding of the meaning of birth, death, and everything in between, building a foundation for living a complete and whole life.

The universal principles contained in "Living Tao: Timeless Principles for Everyday Enlightenment" stem from the Korean practice of Sundo, an ancient tradition of mind-body training, as well as Lee's own life experience.

With these tangible principles, Ilchi Lee makes this profound topic simple and accessible. "Living Tao" has an unparalleled depth in its simplicity that anyone can absorb and immediately apply.

\* 2015 INDIEFAB Book of the Year Award Winner, Bronze, Body, Mind & Spirit

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