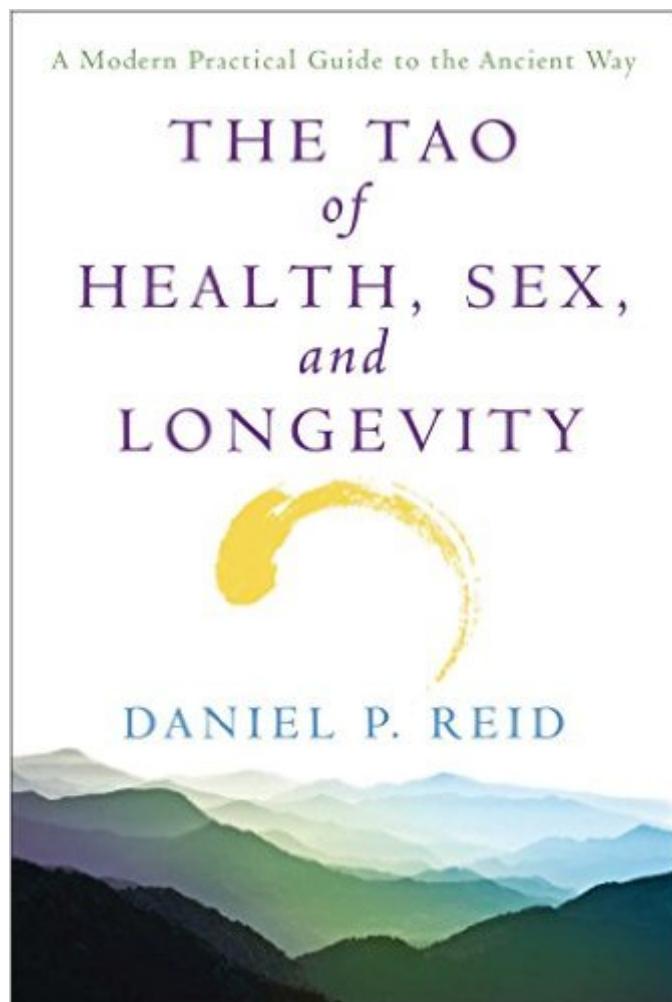


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# The Tao Of Health, Sex, And Longevity: A Modern Practical Guide To The Ancient Way



## Synopsis

With a detailed introduction to the ancient philosophical, ethical, and religious Chinese practice of Taoism, *The Tao of Health, Sex, and Longevity* is a unique, comprehensive, and practical self-help guide to live a balanced and positive Taoist lifestyle. Written by a Westerner for the Western mind, *The Tao of Health, Sex, and Longevity* is perfect for the modern reader interested in exploring the balanced and holistic health care system used by Chinese physicians, martial artists, and meditators for over 5,000 years. Drawing on his extensive personal experience and research from original sources, author Daniel Reid covers all aspects of the healthy Taoist lifestyle, delivering concise information and instruction on diet and nutrition, fasting, breathing and exercise, sexual health, medicine, and meditation. Featuring helpful charts and illustrations, *The Tao of Health, Sex and Longevity* makes the ancient practice easier to understand and more applicable to a modern Western audience than ever before.

## Book Information

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## Customer Reviews

damn! this book is fantastic! i am 18 and stumbled across reid's 'complete book of chinsese health and healing' at barnes and noble a year ago. i then searched for 'the tao of health sex and longevity.' both books are a must for the depressed, sick, chronically sick and everyone else. i was deeply depressed before reading this book and used many illegal drugs to forget about it. but since reading his books, i have changed my diet, started the breathing exercises, practicing controlled fasting and taking tai chi lessons. i no longer use drugs and the world isn't a sad, gray place

anymore, nor is my body an aching mess. this book is crammed with practical information much of which can start being practiced the very day you read it. you won't look at health care the same way ever again. also it is a greater intro to TAOISM. once you become acquainted with that word you will smile every time you read it or hear it. this is the best 12 bucks you will ever spend.

I believe I was like everyone else in thought, that I could try to be healthier, but that I wouldn't feel THAT much better. But I did, and I did. So much so that I took Reid's suggestions (ancient Chinese wisdom) to extreme, my life so much better for it. It's amazing how much improvement can be made from diet alone. Acupuncture and herbs can tweek your condition, but the most substancial improvements are made with diet as described in this book. I found great improvements with every aspect tried - including colonics. Areas of possible improvements are endless. With true effort following this book, I have cured my allergies, improved my vision, controlled Reynaud's phenomenon, and have been sick only twice in the past two years (both just a head cold. My most prized improvement has been clarity of mind, best described as level of awareness.I also recommend Reid's, "The Complete Book of Chinese Health and Healing", as an important compliment. Although this second one is repetishous of "The Tao ...", it has some sound info on food profiles (p.108) and some important material (not in "The Tao ...") on replenishing or building up your lactobacteria colony, especially following any colonic irrigations.If you have interest in taoist philosophy and practice, "The Tao ..." is a great place to start, covering most every aspect "the way" can be applied and reaped in ones life.Happiness and Wholeness.

Simply put: I bought this book out of curiosity and wound up curing a digestive disorder that had plagued me for my entire life! The book also enhanced my appreciation of my studies in Tai Chi Chuan, Qi Kung, Nei Kung, Meditation, Yoga and Traditional Chinese Medicine. After reading this book I became a Taoist. It opened up the Way for further study and appreciation. Thank you Daniel P. Reid for compiling this information in a comprehensive and easily "digestible" manner. I also strongly recommend his other books, especially "The Complete Book of Chinese Health and Healing" and "Chinese Herbal Medicine". If you are serious about changing your life or curious about Tao, these books are all the introduction you will require.

I read this book approximately 7 years ago and practiced everything to the letter for a little over 2 years. I have a degree in plant and soil science and after taking the actions in this book, felt better than I ever have before in my life. The nature of the unverse is much more powerful when tapped

into than western science. It is extremeley difficult to practice this way of life in the west. If you do, then be ready to heal, have clarity, and become more concious than ever before. Only a very small portion of the population wants to be this concious. So can you!

All of the reviewers are correct: This IS a superb book in so many ways. Yet by this review, I especially wanted to highlight the thorough and practical discussion regarding taoist sexuality. Quite simply we in the West are ignorant compared to the Taoist sexual practices discussed here for health and spiritual well-being. This discussion is tasteful, respectful, and precise in its practicality. Moreover, in my opinion it is a must read for serious practitioners on the path. Can I start over at 18, knowing this?

This book was an unexpected, and amazing find. While not every page of this book may be for you, it will definately act like a 'slap in the face' about your current lifestyle. The insight provided into health (mental and physical), diet and longevity is priceless. If you feel sluggish, unsatisfied, and wanting more from life, this book is for you. So many of our 'Western' habits are founded on the wrong principles, or they don't listen to the natural way of the body. This book leads you by the hand, and points you in the right direction. By far one of the most enlightening books I've ever read. Buy it even if you could care less about 'Taoism'. It will compliment anyone's life. Contains detailed information about diet and food combinations, real-world nutritional facts (not nutritional theorems grown in a lab by a scientist working for a food corporation), great solutions for stress relief and inner peace, and so much more. Throw out every self help book, diet book, and exercise book that you own and read The Tao of Health, Sex and Longevity. It starts with the nature of your body in mind, not with a theory. Where most books contain some helpful advice, you are often left feeling like your money was taken. This book will make you wish for more. Much more.

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