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Daniel Reid

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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.

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