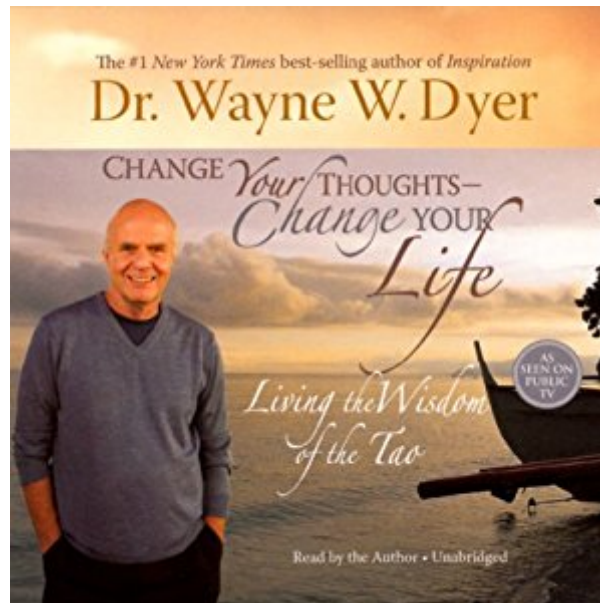




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# Change Your Thoughts, Change Your Life: Living The Wisdom Of The Tao



## Synopsis

Five hundred years before the birth of Jesus, a God-realized being named Lao-tzu in ancient China dictated 81 verses, which are regarded by many as the ultimate commentary on the nature of our existence. The classic text of these 81 verses, called the Tao Te Ching or the Great Way, offers advice and guidance that is balanced, moral, spiritual, and always concerned with working for the good. In this book, Dr. Wayne W. Dyer has reviewed hundreds of translations of the Tao Te Ching and has written 81 distinct essays on how to apply the ancient wisdom of Lao-tzu to today's modern world. This work contains the entire 81 verses of the Tao, compiled from Wayne's researching of 10 of the most well-respected translations of text that have survived for more than 25 centuries. Each chapter is designed for actually living the Tao or the Great Way today. Some of the chapter titles are "Living with Flexibility," "Living Without Enemies," and "Living by Letting Go." Each of the 81 brief chapters focuses on living the Tao and concludes with a section called "Doing the Tao Now." Wayne spent one entire year reading, researching, and meditating on Lao-tzu's messages, practicing them each day and ultimately writing down these essays as he felt Lao-tzu wanted you to know them. This is a work to be read slowly, one essay a day. As Wayne says, "This is a book that will forever change the way you look at your life, and the result will be that you'll live in a new world aligned with nature. Writing this book changed me forever, too. I now live in accord with the natural world and feel the greatest sense of peace I've ever experienced. I'm so proud to present this interpretation of the Tao Te Ching, and offer the same opportunity for change that it has brought me." --This text refers to the Paperback edition.

## Book Information

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## Customer Reviews

Well, I'm a total fan of Wayne Dyer's books. I feel they work on me, they heal me and widen my consciousness as I read them, right in the moment. I think we have been extremely lucky to have him in human form and that he chose to write books. Great choice. I thank him for that very often.

I was disappointed - I expected more since I was an avid follower of him (RIP). However I struggled to get past the first chapter because it is wordy and jibberish with unclear messages. I am an avid reader (thus my name "Booklvr") but I cannot get past the first chapter even months after purchase. I just keep rereading the same paragraph and find myself thinking "What was the point he was trying to make?" and, disappointedly, I cannot answer that.

VERY inspiring... Read it slowly and carefully...

I was not familiar with the author or the associated book, but I ordered this calendar because I thought the images looked great and I wanted to find a calendar that had some kind of interesting content with each month. I'm not typically a self-help kind of person, but I enjoy learning about different philosophies and religions, and that is just what this calendar provides. Each month gives a nice summary on a Taoist concept and then gives an idea or two on how to apply that to yourself. A real plus to me was that each month has the lunar cycles and many different religious and world-wide holidays noted on the dates they occur. That has been hard to find in other calendars, so I was very happy to see that included. The back of the calendar also gives a listing of the same holidays with the dates they occurred on in 2009, a miniature of the final four months of 2009, and a small layout of the 2011 months. Excellent bonus! The only reason I did not give this five stars is because of few of the full-size photographs were not the best quality (even if it's a foggy scene, the photo shouldn't have noise or look blurry). I suspect the original resolution just was not very high because the thumbnail of the same photograph on the back looks a bit better. But most of the photos are high quality and the scenes are really beautiful. I know I'll enjoy this calendar.

Wayne has put a lot of work into this project and the result is clearly a labor of immense love and understanding. It is a long and somewhat repetitive read. I was enriched by following it through. I am prompted to selectively reread too. For those who want to look for spiritual growth and have a willingness to practice then Wayne has lots to offer. Don't be looking for original material as you are back at the source of life and the good things that drive it.

Change Your Thoughts - Change Your Life: Living the Wisdom of the Tao This book is one to cherish. It is not a quick read. It is something to savor and re-read over and over. I took a year to read the whole book - not that you can't read it faster, but the book really does change your life. If you apply the laws of the Tao Te Ching you can't be the same person when you finish it. This book opened my eyes and made me realize that I had to follow my heart and do what made me happy. It also taught me not to sweat the small stuff, not to live beyond my means, how to find a greater purpose. I have been a Buddhist for 21 years and still found tremendous benefit, guidance and support in the ancient words of the Tao and how eloquently and insightfully Dr Wayne Dyer, its author, interpreted it! This book was so profound and monumental I purchased 15 copies to give to friends and family!

Finding myself less distracted with resentment, hurts and loneliness. I will be reading again and again until I have mastered the way of the Tao

If you find life confusing, stressful, or unbearable, and when traditional scriptures do not seem to supply answers to every day problems. Lao Tzu has inspired Wayne Dyer thru this commentary on how to translate those gems into solutions to modern living. Those verses were written 2500 years ago, they are incredibly relevant to our times. They offer the way to inner peace, personal freedom, and wisdom. We no longer have to bear life, we are free to choose to live every moment with relish until it is time to return to the eternal Tao.

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