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Tao of No Stress: Three Simple Paths

By Stuart Alve Olson



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Tao of No Stress: Three Simple Paths By Stuart Alve Olson

Teaches the three paths that Taoist masters have used for centuries to create tranquility in one's life.

- Adapts ancient Taoist wisdom to address the problems of a frenetic lifestyle.
- Offers clear instructions for releasing, massaging, and breathing stress away.
- Explores the mind/body/stress connection, showing that once the mind is calm, the body can function at its best.

Starting from the basic principle of "If you want to know how to eliminate stress, ask someone who is without stress," Stuart Alve Olson introduces the simple, time-tested exercises of Taoist masters to teach even the most harried Westerner how to go beyond reducing stress to eliminating it all together. Olson offers easy-to-use techniques to help us let go of tension and mental strain through breathing, mental relaxation, and massage.

Readers will learn from fifth-century physician T'ao Hung-ching the Six Sounds therapy that can be practiced between phone calls at the office or during morning traffic. Whether rubbing a simple pressure point in the middle of a meeting or enjoying breathing methods like the Heng Ha breath all day long, readers will discover the gifts of tranquillity, health, and balance offered by age-old Taoist practices. *Tao of No Stress* utilizes traditional verse, photos, and the down-to-earth guidance of the author to teach both the experienced Taoist practitioner and the complete novice how to live stress free in a stress full world.



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Editorial Review

Review

"Of all the self-help books I have read, this book was the easiest to understand and to actually follow."
(Diane Wilde, *SHE magazine*, June 2003)

From the Back Cover

SELF-HELP / HEALTH

Tao of No Stress offers easy-to-use techniques to help us let go of tension and strain in the mind, body, and spirit through the three paths of mental relaxation, massage, and breathing. Starting from the basic principle of, "If you want to know how to eliminate stress, ask someone who is without stress," Olson shows how even the most harried Westerner can use these simple, time-tested exercises of Taoist masters to go beyond reducing stress to eliminating it all together.

Learn the Six Sounds therapy that can be practiced between phone calls at the office or during morning traffic. Whether rubbing a simple pressure point in the middle of a meeting or employing deep breathing methods all day long, you will discover the gifts of tranquillity, health, and balance offered by age-old Taoist practices. *Tao of No Stress* contains traditional verse, instructional photographs, and the down-to-earth guidance of the author and teaches both the experienced Taoist practitioner and the complete novice how to live stress free in a stressful world.

STUART ALVE OLSON has studied T'ai Chi, meditation, and Chinese language for more than twenty-five years under numerous Buddhist and Taoist masters. He is the author of *Qigong Teachings of a Taoist Immortal*, *Tai Chi for Kids*, and *T'ai Chi According to the I Ching*. He lives in the San Francisco Bay Area.

About the Author

Stuart Alve Olson has studied T'ai Chi, meditation, and Chinese language for more than 25 years under numerous Buddhist and Taoist masters, including Ch'an Master Hsuan Hua, Kung fu and healing master Oei Khong-hwei, renowned T'ai Chi Ch'uan Master T. T. Liang, and Dharma Master Cheng Yi. He is the author of *Qigong Teachings of a Taoist Immortal*, *Tai Chi for Kids*, and *T'ai Chi According to the I Ching*. He lives in the San Francisco Bay Area.

Users Review

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The book *Tao of No Stress: Three Simple Paths* make you feel enjoy for your spare time. You can utilize to make your capable far more increase. Book can to be your best friend when you getting anxiety or having big problem together with your subject. If you can make looking at a book *Tao of No Stress: Three Simple Paths* for being your habit, you can get much more advantages, like add your own capable, increase your knowledge about a few or all subjects. You may know everything if you like open up and read a guide *Tao of No Stress: Three Simple Paths*. Kinds of book are several. It means that, science e-book or encyclopedia or some others. So , how do you think about this guide?

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