



# The Complete Idiot's Guide to Taoism

By Brandon Toropov, Chad Hansen



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You're no idiot, of course. You know Taoism is one of the world's oldest religions, based on simplicity and balance. However, you may not know it has important parallels with modern Western life: health, ecology, even in such pop culture icons as Luke Skywalker and The Beatles.

But you don't have to sit at the feet of a Taoist master to learn how the Taoist tradition has enlightened seekers throughout the centuries! The Complete Idiot's Guide® to Taoism will show you exactly why Taoist principles appeal to people from every walk of life! In this Complete Idiot's Guide®, you get:

- The history of the Daode Jing, the world's shortest core religious text, and Laozi, its mysterious author.
- The teachings of Zhuangzi, the often-overlooked master sage of Taoism.
- An explanation of ying-yang and what it represents.
- Taoism's relationship to Zen Buddhism.



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### **Editorial Review**

#### About the Author

Brandon Toropov is a Boston-based writer who has written a variety of non-fiction titles including *The I Ching for Beginners* and *The Art and Skill of Dealing with People*. He has appeared on more than 100 local and national broadcast programs. He is the author of several *Complete Idiot's Guides* on religious topics.

CHAD HANSEN is a professor of philosophy at the University of Hong Kong. He is the author of *Language and Logic in Ancient China* and *A Daoist Theory of Chinese Thought*. He is in the process of completing a translation of the *Daode Jing*.

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