

[Free PDF File] The Tao of Pooh

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Audie Award Winner, Personal Development, 2013 Author Benjamin Hoff shows that the philosophy of Winnie-the-Pooh is amazingly consistent with the principles of Taoism and demonstrates how you can use these principles in your daily life. Is there such thing as a Western Taoist? Benjamin Hoff says there is, and this Taoist's favorite food is honey. Through brilliant and witty dialogue with the beloved Pooh-bear and his companions, the author of this smash bestseller explains with ease and aplomb that rather than being a distant and mysterious concept, Taoism is as near and practical to us as our morning breakfast bowl. Romp through the enchanting world of Winnie-the-Pooh while soaking up invaluable lessons on simplicity and natural living. While Eeyore frets and Piglet hesitates and Rabbit calculates and Owl pontificates, Pooh just is. And that's the clue to the secret wisdom of the Taoists. The Tao of Pooh is an international bestseller and the first Taoist-authored book in history to appear on bestseller lists, it remained on The New York Times' bestseller list for 49 weeks.

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