



Tao of Walt Whitman: Daily Insights & Actions to Achieve a Balanced Life

By Connie Shaw, Ike Allen

Sentient Publications. Paperback. Book Condition: new. BRAND NEW, Tao of Walt Whitman: Daily Insights & Actions to Achieve a Balanced Life, Connie Shaw, Ike Allen, Walt Whitman, whose "Leaves of Grass" was called 'the secular Scripture of the United States' by Harold Bloom, is a source of contemporary inspiration. His ecumenical wisdom, which includes both transcendentalism and realism, is encapsulated here in short verses for each day of the year. These, along with a daily action step, become a springboard for readers to transform themselves. The sublime poetry combined with exercises for self-reflection will make this unique pocket-sized daybook a constant companion for those seeking greater balance in their lives. In a world in which poetry has few readers, the authors have created a format to make it accessible and inspire a new audience to find value and use in this genre. By giving readers a context of action or contemplation in which to find their own meaning in the text, they reinvigorate the appreciation of the poetic word. Whether the reader is new to Whitman, or poetry altogether, or is already steeped in the words of the masters, they will find in this volume new ways to approach poetic...



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