



# The Teachings of Lao-Tzu: The Tao-Te Ching

*Lao Tzu*

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*Lao Tzu*

## **The Teachings of Lao-Tzu: The Tao-Te Ching** Lao Tzu

*The Tao-Te Ching* includes 'The Book of the Way' (the Tao) and 'The Book of Virtue or Power' (the Te) in which the teachings of Lao-Tzu are set down. According to the teachings, wisdom is attained through understanding the way the universe works. In order to understand how the universe works, one must live in harmony with it, accepting the forces at play, and acting intuitively and spontaneously in accordance with these forces. These ideas inform not only Taoism but are also an important part of Buddhist and Confucian philosophy, and to some extent the New Age movement.

This new edition exhibits the well-known translation by scholar Paul Carus (*The Teachings of Buddha*, Thomas Dunne Books 1999,) as well as beautiful illustrations throughout the text. Including commentary by Jim Pym, a scholar on Eastern Philosophy, *The Teachings of Lao-Tzu* is an illuminating, sublime work.

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