



# Scholar Warrior: An Introduction to the Tao in Everyday Life

By *Ming-Dao Deng*

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In this beautifully illustrated offering of ancient wisdom, Deng Ming-Dao shares the secrets of the spiritual path handed down to him by Kwan Saihung, his Taoist master, as well as by herbalists, martial artists, and other practitioners of the ancient arts. Deng shows how Taoist philosophy and practice may be integrated into contemporary Western lifestyles for complete physical, mental, and spiritual health. He provides an abundance of philosophical and practical information about hygiene, diet, sexuality, physical exercise, meditation, medicine, finding one's purpose in life, finding the right teacher, death, and transcendence.

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### Editorial Review

From Library Journal

This is a refreshing alternative to the usual deep, philosophical expositions on Taoism. It is a well-developed manual of how one can live a good life as defined by the tenets of Taoism. The author wonderfully blends the philosophy of Taoism with discussions on exercise, diet, sex, lifelong learning, discipline, nonviolence, and many other topics. In addition to being wide in scope, this book is most remarkable for its tone. Written in the form of a master speaking to a student, its lessons are expounded in a quiet, personal manner. All in all, a good introduction of the everyday practice of Taoism for the lay reader. Recommended for general religion collections.

- Glenn Masuchika, Chaminade Univ. Lib., Honolulu

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From the Back Cover

The way of the Scholar Warrior

Is to unite wisdom with action.

The hero makes the era.

The era make the hero.

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### Users Review

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**Kim Scott:**

Precisely why? Because this Scholar Warrior: An Introduction to the Tao in Everyday Life is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will distress you with the secret that inside. Reading this book alongside it was fantastic author who also write the book in such remarkable way makes the content inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of gains than the other book have such as help improving your talent and your critical thinking approach. So , still want to hold up having that book? If I ended up you I will go to the guide store hurriedly.

**Gerald Hackler:**

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With this era which is the greater particular person or who has ability in doing something more are more precious than other. Do you want to become among it? It is just simple approach to have that. What you must do is just spending your time little but quite enough to get a look at some books. One of the books in the top list in your reading list is actually Scholar Warrior: An Introduction to the Tao in Everyday Life. This book and that is qualified as The Hungry Slopes can get you closer in becoming precious person. By looking upward and review this book you can get many advantages.

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