

Chapter 1 : the tao of life | Download eBook PDF/EPUB

The Tao of the Defiant Woman is a unique and invigorating approach to the challenges modern women face that combines Taoism, the ancient Chinese philosophy of acceptance, with a healthy dose of defiance.

Feb 06, Paul rated it really liked it Here is a book that explores how women can learn to accept the things that life puts in their path, but not let it get them down. Nature changes throughout the seasons with cycles of birth and death. Trees grow leaves, lose them and grow more leaves. People are part of nature, so women should understand that their bodies are changing as they age. Learn to embrace your maturity and life experience. Just as your body is changing, so too are your friendships. People enter your life, and people leave your life. Not everyone is intended to be a lifelong companion. Learn to treasure those friendships for however long they are part of your life. Think about creating a kind of support network of other women that you can laugh, and cry, with. When life gets difficult, as it will now and then, maybe one of them can help you to navigate the emotional rapids. Perhaps you can be the one to help someone else through a tough period. For instance, if you are going through a divorce, you may not be able to do anything about the end of the marriage, but you can do something about your attitude. Are you going to, figuratively, lay down and die, or are you going to pick yourself up, and move on with your life? No doubt, he has already moved on. Positive role models can be found in the most unique places. Find one, and learn how to be one yourself. You never know what could be just around the corner. The Tao The Way is all about living in harmony with nature, about "going with the flow. It is recommended for women of all ages.

Chapter 2 : Read Tao Of The Defiant Woman PDF - DwayneAric

Her first book, Tao of the Defiant Woman, was born out of a personal need to find her own inner strength. She then brought her Tao and defiant attitude to teen and pre-teen girls through Tao-Girls Rule!

Paperback Here is a book that explores how women can learn to accept the things that life puts in their path, but not let it get them down. Nature changes throughout the seasons with cycles of birth and death. Trees grow leaves, lose them and grow more leaves. People are part of nature, so women should understand that their bodies are changing as they age. Learn to embrace your maturity and life experience. Just as your body is changing, so too are your friendships. People enter your life, and people leave your life. Not everyone is intended to be a lifelong companion. Learn to treasure those friendships for however long they are part of your life. Think about creating a kind of support network of other women that you can laugh, and cry, with. When life gets difficult, as it will now and then, maybe one of them can help you to navigate the emotional rapids. Perhaps you can be the one to help someone else through a tough period. For instance, if you are going through a divorce, you may not be able to do anything about the end of the marriage, but you can do something about your attitude. Are you going to, figuratively, lay down and die, or are you going to pick yourself up, and move on with your life? No doubt, he has already moved on. Positive role models can be found in the most unique places. Find one, and learn how to be one yourself. You never know what could be just around the corner. The Tao The Way is all about living in harmony with nature, about "going with the flow. It is recommended for women of all ages.

Chapter 3 : C.J. Golden (Author of Tao of the Defiant Woman)

The Tao and Defiant woman follows five principles of acceptance culled from the ancient philosophy of Taoism, combines that with a healthy dose of defiance; defying stereotypes, negativity and self-limiting behaviors.

Humanics Publishing Group Format Available: A sailboat tossed about on rough seas will struggle to find a smooth course, balancing itself through wind and water. The human experience is a succession of balancing maneuvers as we resolve conflicts, find love, and merely exist from day to day. Grigg shows one how to be like a sailboat -- steady, adaptable, serene, and powerful. Taogirl explains that to attain true happiness on this path one needs to embrace a philosophy of Taoist acceptance coupled with a dash of healthy defiance. Taoism brings her peace. With a clear and concise explanation of Taoism and depiction of the defiant attributes Taogirl possesses, C. The book covers a variety of topics such as; relationships and love, health and body image, the importance of friendships, and our ever-changing world. Dr Wayne W Dyer Language: Zhi Gang Sha Language: Simon and Schuster Format Available: Tao is The Way. Tao is the source of all universes. Tao is the principles and laws of all universes. In the sixth book of the Soul Power Series, New York Times bestselling author Master Zhi Gang Sha shares the essence of ancient teachings of Tao and reveals a new Tao text for the twenty-first century that he received directly from the Divine. These new divine teachings reveal how Tao exists in every aspect of life, from waking to sleeping to eating and more. Master Sha explains how Tao uses the processes of normal creation and reverse creation for all life. He also shares advanced soul wisdom and practical approaches for reaching Tao. In this process, healing, rejuvenation, and life transformation occur. In contrast to the ancient Taoist wisdom, knowledge, and practices, the new sacred teaching in this book is extremely simple, practical, and profound. Studying and practicing Tao has many great benefits, including the ability to: Your life will be transformed.

Chapter 4 : Caryn Golden | Bookstock

"Tao of the Defiant Woman" gives women permission to grow old gracefully without artifice, accepting and embracing each stage of life for all it has to offer. And this is a welcome message for middle-aged women everywhere.