



Life Without Stress: The Far Eastern Antidote to Tension and Anxiety

By Arthur Sokoloff

Harmony. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.6in. x 5.9in. x 0.5in. A practical guide to the wisdom of the East that shows how we can apply it to our pragmatic Western view of the world to achieve inner peace. In *Life Without Stress*, Arthur Sokoloff demystifies Eastern teachings and shows how the basic tenets of the four major philosophies--Taoism, traditional Buddhism, Zen Buddhism, and Confucianism--can be applied to life in the West. Through re-tellings of ancient parables and anecdotes from his own life, Sokoloff elucidates the practical lessons inherent in each philosophy: Taoism teaches us to understand that we are at one with the universe; traditional Buddhism offers the keys to finding and eliminating the roots of unhappiness; Zen Buddhism enhances our intuitive abilities; and Confucianism shows us how inner qualities affect and influence our relationships with the external world. The ideal primer for readers interested in Eastern spirituality, *Life Without Stress* offers clear explanations and gentle guidance for handling the stress in our lives and achieving inner serenity. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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