



Eintausend Namen für Freude: Leben in Harmonie mit dem Tao (German Edition)

Byron Katie, Stephen Mitchell

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Zusammen mit dem Taoismus-Experten Stephen Mitchell erläutert Byron Katie das Tao Te King des chinesischen Weisen Lao Tse. Die oft als schwierig und verrätselt empfundenen Worte werden so erfrischend, lebendig und anekdotenreich behandelt, dass die klassische Weisheit ganz aktuell und anschaulich wird. Die geistige Verwandtschaft mit Prinzipien der genialen Fragetechnik „the Work“ wird hier ganz offenbar: Lao Tses Prinzip des „Wu Wei“ (Nicht-tun, Geschehen-lassen) stimmt in verblüffender Weise mit Byron Katies Aufforderung zu „Lieben was ist“ überein.

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