



The Tao of Abundance: Eight Ancient Principles for Abundant Living

By Laurence G. Boldt

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Through his intelligent, appealing integration of Eastern philosophy and practical advice, **Laurence G. Boldt** has helped thousands of readers find personal satisfaction in their work and personal lives. Now he applies these principles to the subject of abundance: How do we achieve material wealth without sacrificing our souls? In **The Tao of Abundance**, Boldt applies ancient wisdom to modern times, presenting eight guiding principles from Taoist philosophy geared to help readers make practical life changes that will bring them a truer and deeper sense of abundance. Boldt encourages readers to strike a balance between material and spiritual wealth--not to favor one over the other--and argues that increased material wealth comes as a natural byproduct of psychological fulfillment. With exercises designed to help readers find their own balance between societal demands and their own deepest desires, this helpful, inspiring book offers the chance to experience a new feeling of abundance in all aspects of life.

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Bibliography

- Sales Rank: #302370 in Books
- Published on: 1999-11
- Released on: 1999-11-01
- Original language: English
- Number of items: 1
- Dimensions: 9.20" h x .90" w x 7.50" l, 1.24 pounds
- Binding: Paperback
- 353 pages

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Editorial Review

Amazon.com Review

Not since Alan Watts has there been a lay expert with the erudition and insight to so expertly pack a difficult package of unfamiliar notions into a book of immediate relevance. What is consumerism to me? and sex? and money? How do they relate to my goals and aspirations? Laurence Boldt, a career counselor and author of the bestselling *Zen and the Art of Making a Living*, presents a sophisticated alternative to life as we know it. Fully equipped with opinion polls, sociological studies, intellectual histories, and classic economics texts, Boldt dismantles the foundations of our consumer society brick by brick and, more importantly, our unquestioning acceptance of it. The alternative is a path of awareness, of flowing, and of sufficiency that together result in the joyful abundance of a productive, natural life. The shift in world view that Boldt seeks to effect in the reader has such profound practical implications that this book could very well change your life--which is exactly the author's intention. Boldt can be excused for slipping into fuzzy notions like the so-called perennial philosophy, for his recasting of modern life in Taoist terms of ready abundance is so convincing that it makes you wonder how we got stuck in our lifestyles of lack in the first place. --*Brian Bruya*

From Publishers Weekly

"The art of abundance is not the art of making money, but the art of knowing how to live." Drawing heavily on Taoist concepts of work, creativity and love, Boldt (*Zen and the Art of Making a Living*, etc.) offers a systematic program for achieving well-being. Asserting that the Western emphasis on subduing nature and our relentless consumer culture offset the perception of "abundance," he suggests that feelings of prosperity and contentment can flourish independently of actual material wealth. He offers the Taoist pursuit of harmony, leisure and beauty in simple things as a means to help readers appreciate the world's inherent pleasures and to create a sense of fulfillment. According to Boldt, everyone can live abundantly by identifying their true sources of happiness, by following the path of least resistance and by redirecting energy that is unnecessarily tied up in the daily struggle to survive in our culture. Each chapter contains short sections focusing on specific Taoist concepts and showing how readers can apply them to their lives, as well as inspiring quotes from Eastern and Western thinkers. Boldt also provides a workbook section to help readers examine their ideas about money, careers, relationships, time and more. Those looking for a way to sidestep the endless cycle of getting and spending will welcome Boldt's practical, humanist approach to change. (Nov.)

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About the Author

Laurence G. Boldt is a writer, career consultant, and lifetime student of Eastern philosophies, with more than a decade of experience helping people shape their dreams into practical realities. He is the bestselling author of **Zen and the Art of Making a Living**, **How to Find the Work You Love**, and **Zen Soup**. He lives in Santa Barbara, California..

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Jackie Armstrong:

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