



The Tao of Inner Peace

Diane Dreher

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Translated more often than any other book except the **Bible**, the **Tao Te Ching** has been a spiritual guide for centuries, helping millions find peace within themselves, with each other, and with the natural world around them. Written in workbook style, complete with exercises, questionnaires, journal-keeping techniques, and affirmations, **The Tao of Inner Peace** translates the ancient Eastern philosophy into a plan for contemporary Western living. Diane Dreher, Ph.D., shows the way to:

- * Bring greater joy, fulfillment, and creativity to daily life
- * Heal the body and spirit
- * Build self-acceptance and self-esteem
- * Resolve conflict
- * Reverse negative cycles of emotion
- * Understand life as a process of changes and challenges

With its lively, demystifying approach, **The Tao of Inner Peace** shows how the Tao can be a powerful source of growth, inspiration, and peace.

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