



The Lunar Tao: Meditations in Harmony with the Seasons

Ming-Dao Deng

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From Taosim expert Ming-Dao Deng comes *The Lunar Tao: Meditations in Harmony with the Seasons*, bringing to life the Chinese Lunar Calendar via the prism of Taoism.

In *The Lunar Tao*, each day of the Lunar year is represented with a reading meditation, beautiful Chinese illustrations, and interesting facts about the festivals and traditions, providing readers with the context that gives Taoism such depth and resonance.

Ming-Dao Deng, the bestselling author of *365 Tao: Daily Meditations*, shows how to bring the tenets of Taoism into everyday life.

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