



# **Yin & Yang: Understanding the Chinese Philosophy of Opposites and How to Apply It to Your Everyday Life**

*Martin Palmer*

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## **Yin & Yang: Understanding the Chinese Philosophy of Opposites and How to Apply It to Your Everyday Life** Martin Palmer

Examines the place of yin and yang at the heart of Chinese medicine, in the environment and the art of Feng Shui, and in painting, music and food. This guide suggests how to apply the principles of yin and yang in all areas of life, and teaches the reader about the dynamic tension of opposites.

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