



The Tao of Inner Peace

By Diane Dreher

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The Tao of Inner Peace By Diane Dreher

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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Editorial Review

Review

“A simple and comprehensive vision of personal and planetary peace... Dreher’s examples work as meditations as well as road maps.”—*Minneapolis Star Tribune*

“Especially important are [Dreher’s] examples of individual action and her many annotations... her lessons are quite useful. This is an important subject... and one that promises to bring a renewal of environmental consciousness.”—*Booklist*

“Filled with anecdotes, questions to stimulate discussion, guidelines for change, exercises to promote positive peacefulness, with lots of Tao philosophy scattered throughout supporting each phase of [Dreher’s] plan.”—*Santa Cruz Sentinel*

About the Author

Diane Dreher, Ph.D., is a bestselling author, teacher, and positive psychology coach. Her books, *The Tao of Inner Peace*, *The Tao of Personal Leadership*, *The Tao of Womanhood*, *Inner Gardening*, and *Your Personal Renaissance*, have been translated into ten languages and her work has been featured in media outlets including *USA Today*, *Entrepreneur*, *Redbook*, *Glamour*, *Cosmopolitan*, *Science of Mind*, radio and TV talk shows, and websites on leadership and personal growth.

Dreher has a Ph.D. in Renaissance English literature from UCLA as well as a Master’s Degree in Counseling with a health psychology emphasis, and credentials in spiritual counseling and holistic health. She is professor of English and associate director of the Spirituality and Health Institute at Santa Clara University in northern California.

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