



# Do Nothing and Do Everything: An Illustrated New Taoism

By Qiguang Zhao

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## Do Nothing and Do Everything: An Illustrated New Taoism By Qiguang Zhao

The power of the Tao has accompanied the author through his journey as pupil during the Chinese Cultural Revolution to professor at an American liberal arts college. In *Do Nothing and Do Everything* he applies the ideas of *Wu Wei* (do nothing) and *Wu Bu Wei* (do everything) to modern life. *Do Nothing and Do Everything* is supplemented by observations of American and Chinese life. Rich and humorous illustrations convey the subtle ideas that go beyond language and are re-created in the same style as the ones the author draws impromptu on the blackboard in his classes. This introduction to ancient Taoism is conveyed in a lighthearted and humorous manner. This illustrated new Taoism will answer the widespread thirst for an alternative approach to life, and a longing for health, tranquility, and spiritual liberation.

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### Editorial Review

#### Review

"Humorous, simple, profound, Do Nothing & Do Everything demonstrates the convincing usefulness of Taoism in contemporary society. Zhao has built three bridges in one stroke: the first between ancient and modern, the second between East and West, and the third between words and pictures." -Kang Liu, Professor of Asian and Middle Eastern Studies, Duke University "He may talk about doing nothing, but Zhao seems to do everything, as he deftly weaves various strands of Eastern and Western wisdom. The result is a gem..." - James F. Fisher, Professor of Anthropology, Royal Thimphu College, Bhutan "Profound and practical wisdom springs to life in this insightful account of the ancient and ever-present Taoist teachings. -Judith Blackstone, The Enlightenment Process"

#### From the Inside Flap

The power of the Tao has accompanied the author through the journey of his life, from student during the Chinese Cultural Revolution to professor at an American liberal arts college. In *Do Nothing and Do Everything: An Illustrated New Taoism*, Qiguang Zhao applies the ideas of Wu Wei (do nothing) and Wu Bu Wei (do everything) to modern life.

Rich and humorous illustrations convey the subtle ideas that go beyond language and are re-created in the same style as the ones the author draws impromptu on the blackboard in his classes. *Do Nothing and Do Everything* is supplemented by observations of American and Chinese life.

This introduction to ancient Taoism is conveyed in a lighthearted and humorous manner. This illustrated new Taoism will answer the widespread thirst for an alternative approach to life, and a longing for health, tranquility, and spiritual liberation.

#### From the Back Cover

"Humorous, simple, and profound, Do Nothing and Do Everything demonstrates the convincing usefulness of Taoism in contemporary society. Both an erudite writer and a philosophical illustrator, Qiguang Zhao has built three bridges in one stroke: the first between the ancient and the modern, the second between the East and the West, and the third between words and pictures. Once you open this book, you will be drawn across these bridges to a relaxing, comforting, and inspiring wonderland, where you will rest in nothing and fly in everything." --Kang Liu, Professor of Asian and Middle Eastern Studies, Duke University

"He may talk about doing nothing, but Qiguang Zhao seems to do everything, as he deftly weaves various strands of Eastern and Western wisdom. The result is a gem, worthy of interest to those inclined to think outside our ethnocentric boxes." --James F. Fisher, Professor of Anthropology Royal Thimphu College, Bhutan

"Profound and practical wisdom springs to life in this insightful account of the ancient and ever-present Taoist teachings. Qiguang Zhao's gift as a storyteller combines with his deep understanding of Taoist principles to make this book enjoyable and instructive." --Judith Blackstone, author of The Enlightenment Process

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