

Some reading (in order of complexity) – a personal selection:

The Tao of Pooh
Benjamin Hoff
Mandarin
ISBN 0-7493-0179-1

The Te of Piglet
Benjamin Hoff
Mandarin
ISBN 0-7493-1514-8

Handbook for the Urban Warrior
Barefoot Doctor
Piatkus
ISBN 0-7499-1811-X

Tao te Ching
Tr. Ralph Alan Dale
Watkins
ISBN 978-1-84293-096-0

Chuang Tsu – Inner Chapters
Tr. Gia-Fu Feng & Jane English
Amber Lotus
ISBN 1-56937-282-9

The Tao of Health, Sex & Longevity
Daniel Reid
Fireside
ISBN 0-671-64811-X

Cultivating Stillness
Tr. Eva Wong
Shambhala
ISBN 0-87773-687-1