

JULY

9781786785152

360pp

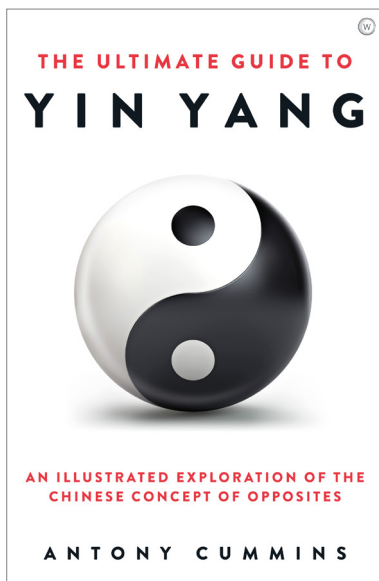
HB 234 x 153 mm

Two-colour line
drawings and graphics

£24.99/\$30

Taoism

World rights available



THE ULTIMATE GUIDE TO YIN YANG

An Illustrated Exploration of the Chinese
Concept of Opposites

Antony Cummins

BY THE SAME AUTHOR



9781786782717

The Ultimate Art of War

What is yin yang? And how can we work with it to improve our lives? Everyone has heard of yin yang – its famous symbol (the *taiji*) is used all over the world. Less well known is that this symbol stands for a profound philosophy of natural harmony, and that aligning ourselves with yin yang will make our lives fruitful and full of positive experiences. Step by step, with hundreds of helpful illustrations and graphics, this ultimate guide to a much-quoted but often misunderstood concept explores the history and meaning of yin yang. It also makes suggestions for how you can work with yin yang, from observing the ebb and flow of energy in the landscape, to studying the patterns of nature in order to take what you need (but not too much). After reading this book, you will understand how to position yourself so yin yang fills your life with abundance – you will know what being in the right place at the right time really means.

Antony Cummins is the author of *The Ultimate Art of War* and many other books on Eastern martial culture. He is the founder of the Historical Ninjutsu Research Team, which has previously translated *The Book of Ninja* and *The Book of Samurai* series.

WATKINS