



Barefoot Doctor s Handbook for the Urban Warrior: Wayward Taoist Survival Technique (Paperback)

By Barefoot Doctor

Wayward Publications Ltd, 2016. Paperback. Condition: New. Refreshed and Republished ed.. Language: English . Brand New Book ***** Print on Demand *****. Barefoot Doctor presents this personal survival guide to survive and thrive in this global lunatic asylum. A thorough primer in practical Taoist philosophy and technique to develop all your crucial warrior skills and optimize your strength, stamina and overall health, your mental acuity and integration, dexterity, communication skills, psychic shielding and self-defense skills, emotional equilibrium, chi control, psychic awareness and intuition skills, social skills and spiritual soundness. Written in 1997 though fully contemporary the book is eerily prophetic and aside from deservedly being a seminal self-help classic with its quirky style and jaunty angles, and being essentially useful, it s also fun to read and practice the suggested techniques. Reading and using this book constitutes an experiment with reality and we ll be delighted to hear of your own findings and transformative results so do let us know once you ve had a chance to set your process motion.



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