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The former has selections spanning the whole history of Daoist thinking, in particular regarding Jing/essence (vitality), Qi (energy) and Shen (spirit), their appreciation, conservation, cultivation and ultimate unification. In the much shorter Taoist Meditation, Cleary says:

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and presents teachings and stories on this subject from the beginnings of Taoism onwards. This is a very readable and enjoyable book which will appeal to Taoists and those with little or no knowledge of Taoism.

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