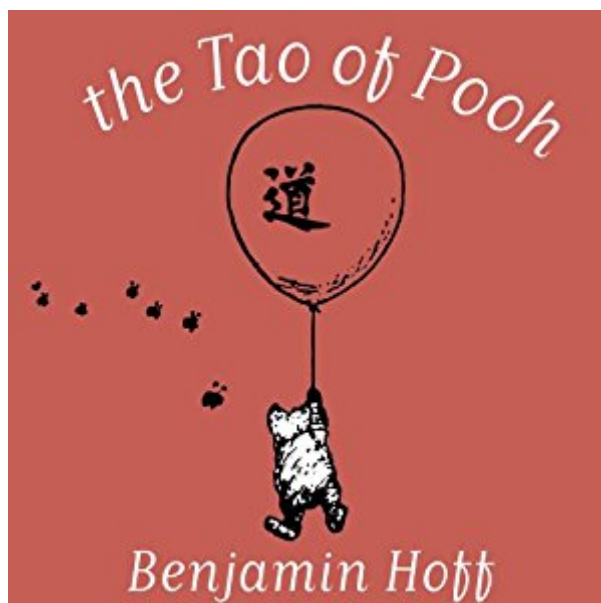


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The Tao Of Pooh



Synopsis

Audie Award Winner, Personal Development, 2013 Author Benjamin Hoff shows that the philosophy of Winnie-the-Pooh is amazingly consistent with the principles of Taoism and demonstrates how you can use these principles in your daily life. Is there such thing as a Western Taoist? Benjamin Hoff says there is, and this Taoist's favorite food is honey. Through brilliant and witty dialogue with the beloved Pooh-bear and his companions, the author of this smash bestseller explains with ease and aplomb that rather than being a distant and mysterious concept, Taoism is as near and practical to us as our morning breakfast bowl. Romp through the enchanting world of Winnie-the-Pooh while soaking up invaluable lessons on simplicity and natural living. While Eeyore frets and Piglet hesitates and Rabbit calculates and Owl pontificates, Pooh just is. And that's the clue to the secret wisdom of the Taoists. The Tao of Pooh is an international bestseller and the first Taoist-authored book in history to appear on bestseller lists, it remained on The New York Times' bestseller list for 49 weeks.

Book Information

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Customer Reviews

I have gifted this book to so many. Such a wonderful read. Such a beautiful approach to life.

I enjoyed this simple read more than I expected. Hoff makes a good point in joining the Taoist teachings to (Tao Master) Pooh Bear. Even though I have yet to read or see any of the Pooh Bear stories, I found this book rather entertaining. At times I even caught myself laughing out loud once or twice. There were others where I would lose myself for a few seconds in the illustrations.

Notwithstanding, there were times when Pooh's absent-mindedness did get on my nerves (though not for long). This is a great primer for anyone looking into the Taoist teachings.

This book is the best introductory text to Taoism that I have ever read. After reading the Pooh stories to my children many years ago I already knew there were practical adult lessons to be learned by the children's stories. This text doesn't get into anything religious but provides the very deceptively simple approach to everyday living that I strive for. The author uses the characters from the original Pooh stories to illustrate very deep concepts. He uses a device of writing with Pooh sitting on his table asking questions. He then creates brief illustrations using the characters of the animals from the original Pooh stories to illustrate what he means. He also quotes ancient Taoist authors. The author is very knowledgeable and actually did the translations of the Taoist authors himself. If you are looking for a way to help you approach life, this is the book for you. I sent a copy to my daughter who is pregnant and will soon give me my third grandchild so that she will understand how to approach life as it is just about to get very complicated.

I can't even remember the number of friends I have given copies of this to as a gift, or simply lent out for a quick read. Every single one of them loved it, and some of them continue to reread it all the time, like I do. I first heard about this wonderful book in high school, when I was taking a class on world religions. Now, there are certainly more comprehensive guides to learning about Taoism, but finding one of them seems like something Owl would do, not Pooh, and as Benjamin Hoff teaches, we should all try to act a little more like Winnie-the-Pooh. So every time I need to remember to slow down and let life come as it will, I reread parts of this book. Its message of living more simply, and not thinking quite as hard or holding on to emotional roadblocks is one that we can all learn from, not to mention that revisiting classic Pooh tales is so much fun, it cures your blues all on its own!

A gentle and thought provoking introduction to Tao. Some of the attempted humor (in the dialogues with Pooh and other characters) falls a bit flat though.

This book may be enjoyed by anyone. There is no prerequisite need for understanding Eastern philosophies. This book helps explain complex principles in a succinct, laugh-out-loud manner. In a stressful world it is difficult to find a place of stillness. The Tao of Pooh calls forth certain characteristics we may choose to improve within ourselves, if possible. I have purchased this book multiple times as a gift for friends, colleagues, and mentors.

This is a classic. I read it for the first time when I was 20 (I'm 42 now) and it totally changed my life. If you have an Eastern soul, or are interest in learning more about Eastern thought, this is an excellent book.

I'm reading this for my World Religions class and I gotta say they make what I thought would be difficult to understand rather easy :) It helps I love Winnie The Pooh!

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