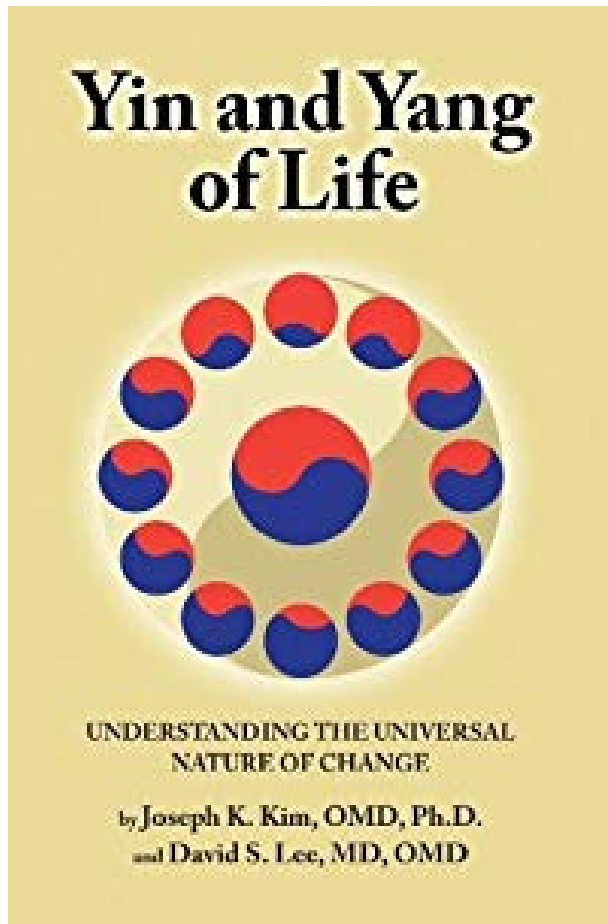


# Yin and Yang of Life



<b>Pages:</b>	174
<b>Published:</b>	November 17th 2010 by Heal and Soul, LLC.
<b>Genre:</b>	Uncategorized
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<b>ISBN13:</b>	9781450725743
<b>ISBN10:</b>	1450725740
<b>Goodreads Rating:</b>	4.00

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From sex and politics to diet and sleep, Yin and Yang of Life addresses modern issues through the lens of ancient wisdom and simplifies profound theories which can be applied to your daily life. Eastern traditions teach that change is created by the interplay of two opposing forces known as yin and yang. When yin pulls, yang pushes. When yin is still, yang is in motion. Yin and yang exist to interact with the other, to maintain balance, to counter forces and to create life. Understanding the nature of yin and yang gives you insight into the true nature of the universe and your place in it. Yin and Yang of Life takes you on a journey of discovery using a map of the universe only visible to those with the tools to understand the simple elegance of the natural ebb and flow created by the forces of yin and yang. Yin and Yang of Life is partly translated from the #1 bestselling I Ching book from Korea, entitled, Science and Tao of I Ching, by Joseph K. Kim and David S. Lee. Yin and yang theory has influenced the thinking of many great western minds, from Leibniz, Einstein and Bohr to Hegel, Marx and Jung.