

Foundational Reading

Louis Komjathy and Kate Townsend
Center for Daoist Studies

This reading list of English-language publications is intended to provide resources for deepening one's understanding of Daoism and related Chinese cultural traditions. It is a "select" list, meaning that we have chosen one representative title for each subject.

Astrology/Astronomy

Walters, Derek. *Chinese Astrology*. London: Watkins Publishing, 2002.

Chinese Medicine

Kaptchuk, Ted. *The Web That Has No Weaver*. Chicago: Contemporary Books, 2000.

Cosmology

Lau, D.C., and Roger Ames. *Yuan Dao: Tracing Dao to its Source*. New York: Ballantine, 1998.

Daode jing

Lau, D.C. *Tao Te Ching*. Hong Kong: Chinese University Press, 2001.

Daoism in the West

Clarke, J.J. *The Tao of the West*. London: Routledge, 2000.

Daoist Art

Little, Stephen. *Taoism and the Arts of China*. Chicago: Art Institute of Chicago, 2000.

Daoist Architecture

Qiao Yun. *Daoist Buildings*. Wien, Austria: Springer-Verlag Wien New York, 2001.

Daoist Literature

Kohn, Livia. *The Taoist Experience*. Albany: State University of New York Press, 1993.

Daoist Practice

Silvers, Brock. *The Taoist Manual*. Eldorado Springs, Col.: Sacred Mountain Press, 2004.

Dietetics

Flaws, Bob. *The Tao of Healthy Eating*. Boulder: Blue Poppy Press, 2000.

Early Daoism

Roth, Harold. *Original Tao: Inward Training and the Foundations of Taoist Mysticism*. New York: Columbia University Press, 1999.

Fengshui

Wong, Eva. *Feng-shui*. Boston: Shambhala, 1996.

Hagiography

Company, Robert. *To Live as Long as Heaven and Earth*. Berkeley: University of California Press, 2002.

History of Daoism

Kohn, Livia. *Daoism and Chinese Culture*. Cambridge: Three Pines Press, 2001.

Internal Alchemy

Lu K'uan Yü (Charles Luk). *Taoist Yoga*. York Beach, Maine: Samuel Weiser, 1973.

Introduction to Daoism

Miller, James. *Daoism: A Short Introduction*. Oxford: Oneworld Publications, 2003.

Living Daoists

Porter, Bill. *Road to Heaven: Encounters with Chinese Hermits*. San Francisco: Mercury House, 1993.

Meditation

Kohn, Livia, ed. *Taoist Meditation and Longevity Techniques*. Ann Arbor: Center for Chinese Studies, 1989.

Qigong

Cohen, Kenneth. *The Way of Qigong*. New York: Ballantine Books, 1997.

Ritual

Schipper, Kristofer. *The Taoist Body*. Berkeley: University of California Press, 1993.

Taiji quan

Wile, Douglas. *T'ai-chi Touchstones: Yang Family Secret Transmissions*. Brooklyn: Sweet Ch'i Press, 1983.

Women and Daoism

Despeux, Catherine, and Livia Kohn. *Women in Daoism*. Cambridge, Mass.: Three Pines Press, 2003.

Zhuangzi

Watson, Burton. *Chuang Tzu: Basic Writings*. New York: Columbia University Press, 1963.