



# The Tao of Healing: Meditations for Body and Spirit

*Haven Treviño*

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## **The Tao of Healing: Meditations for Body and Spirit** Haven Treviño

The profound, poetic wisdom of the Tao Te Ching lends itself beautifully to the subject of healing. Haven Trevino's modern adaptation of this ancient work captures the essence of the original in language accessible to all.

The Tao of Healing gives wonderful insight and hope to both healers and those in need of healing. Trevino, a student of the Tao Te Ching for many years, began this inspirational work after he was diagnosed with Lou Gehrig's disease, an event that motivated him "to bring into focus a whole range of creative skills, experiences, lessons, and visions."

Haven Trevino spent more than 12 years studying alternative healing methods and shamanism, and his gentle, accepting spirit shows through every verse of this wonderful book.

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