

All Else Is Bondage: Non-Volitional Living

Wei Wu Wei



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All Else Is Bondage: Non-Volitional Living Wei Wu Wei

These thirty-four powerful essays, based on Taoist and Buddhist thought, constitute a guide to what the author calls "non-volitional living"—the ancient understanding that our efforts to grasp our true nature are futile. Wei Wu Wei explains these venerable spiritual traditions in the context of modern experience, using wit and considerable precision to convey their profound insight into the very nature of existence. This essential Zen Buddhist classic, reissued after decades of unavailability, completes the collection of eight volumes by the masterful, elusive Wei Wu Wei

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