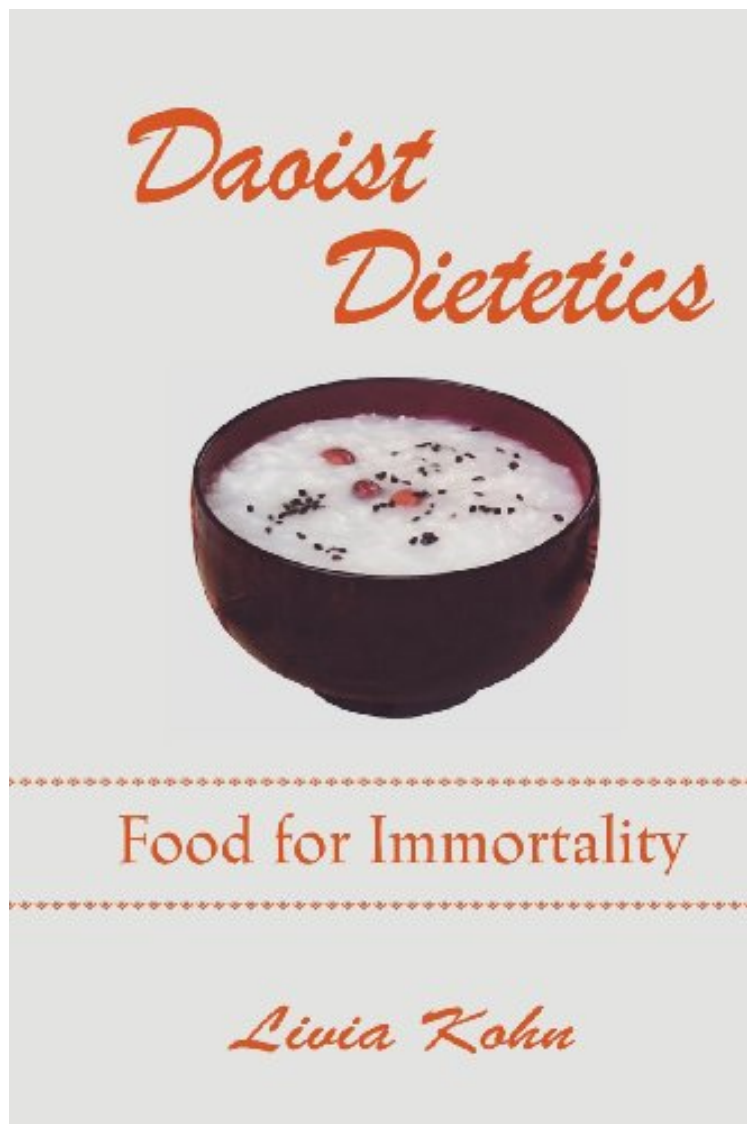


Daoist Dietetics

Livia Kohn

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Livia Kohn : Daoist Dietetics before purchasing it in order to gage whether or not it would be worth my time, and all praised Daoist Dietetics:

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Daoist Dietetics provides an introductory overview of the main characteristics, historical developments, and recipes of the Daoist diet. It begins with two analytical parts: first a section that discusses traditional Chinese medicinal diets the

foundation of Daoist eating; then a more specific part on the theory, history, and practices of Daoist nutrition. Beyond this, it presents translations of four medieval texts on bigu, the Daoist way of transforming ordinary eating into living on qi; and concludes with a selection of recipes, divided according to dishes, such as breakfast cereals, salads, and desserts. Conceived in close cooperation with Ute Engelhardt, master of Chinese dietetics, the book draws on resources from many different countries, periods, and academic disciplines. A pathbreaking venture, it opens new insights into the longevity methods and religious technology of traditional China, setting the stage for more in-depth studies and research opportunities in the future.

About the Author Livia Kohn is professor emerita of religion and East Asian studies at Boston University and now lives in Florida. Her specialty is medieval Daoism and the study of Chinese longevity practices. She has written and edited numerous books and is a long-term practitioner of taiji quan, qigong, yoga, and meditation.