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## THE TAO OF SAILING



Green Dragon Publishing Group. Paperback. Condition: New. 160 pages. Dimensions:  $8.9in. \times 5.9in. \times 0.4in.$ Synopsis A sailboat tossed about on rough seas will struggle to find a smooth course, balancing itself through wind and water. The human experience is a succession of balancing maneuvers as we resolve conflicts, find love, and merely exist from day to day. Grigg shows one how to be like a sailboat -- steady, adaptable, serene, and powerful. Publishers Weekly According to the introduction, this book...

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