



# The Tao of Love and Sex

*Jolan Chang*

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## **The Tao of Love and Sex** Jolan Chang

Two thousand years ago, at a time when the Christian West was frantically repressing sexuality, the Chinese were enjoying an erotic life that fused the sensual and the spiritual, in which sexual guilt and sexual aberrations like sadism and masochism were all but absent. This bestselling book by a leading modern exponent of Taoism makes that erotic life available to all who seek it. With its emphasis on male restraint and female pleasure and its healing vision of sex as an expression of a deeper cosmic balance, **The Tao of Love and Sex** offers us nothing less than a new model of loving, at once exciting and serene, passionate and compassionate.

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