



Barefoot Doctor's Handbook for the Urban Warrior: Spiritual Survival Guide

The Barefoot Doctor

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Barefoot Doctor's Handbook for the Urban Warrior: Spiritual Survival Guide The Barefoot Doctor Barefoot Doctor presents your essential 21st century guide to surviving and thriving amidst the growing pressures of modern urban life. Barefoot Doctor is a contemporary hero of Taoist folklore. His tradition of healing his people and keeping them in high spirits with his medicine, music and magic dates back more than 5,000 years to the old Orient. Here he teaches for the first time, in a hip and accessible way, how to focus your mind, channel your energy and strengthen your spirit. Learn the ancient Taoist warrior skills of psychic shielding, meditation, medicine and magic to help enhance your experience of reality. Pick up instant advice on hundreds of challenges facing today's busy urban warrior including work, sex, money, success, politics, travel, relationships, fashion, drugs, club culture, spirituality, healing, technology and freedom. Experience for yourself the magical world of the modern Taoist Sage. Become part of the global resurgence of spirit happening in an urban sprawl near you. For more information on the Barefoot Doctor www.barefootdoctor.co.uk

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