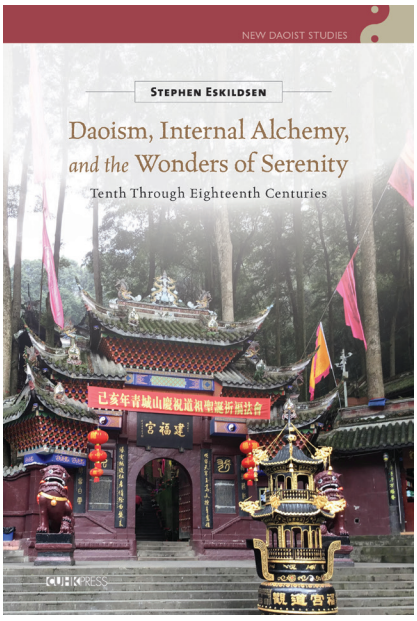
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Daoism, Internal Alchemy, and the Wonders of Serenity

Tenth Through Eighteenth Centuries

Stephen Eskildsen

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Eskildsen offers a compelling contribution to the understanding of Daoism after the Tang, shedding light on a strand of internal alchemy that pursued the sustained cultivation of mental clarity and equanimity above all else.

Stephen Eskildsen is professor in the Department of Humanities, International Christian University (Tokyo).

> Characteristic of his work is a profound understanding of the internal logics and motivations that drove practitioners to ever-greater attainments. His current book provides a comprehensive picture spanning nearly two millennia.
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