



## Tao of Surfing: Finding Depth at Low Tide

*Michael A. Allen*

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# Tao of Surfing: Finding Depth at Low Tide

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## **Tao of Surfing: Finding Depth at Low Tide** Michael A. Allen

Michael Allen provides the lay reader with a greater understanding of Tao, an ancient Chinese philosophy that emphasizes simplicity and the flowing movement within the natural course of things. While the lessons of Tao are millennia old, longtime surfer Michael Allen has related them in a new and refreshing way. He uses the metaphor of the sea, and its ebb and flow, to describe the Tao of life's cycle. And he discovers within this unique reflection a simple, new way to comfort and heal the Self from the trauma of death.

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