



# All Else Is Bondage: Non-Volitional Living

By Wei Wu Wei

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These thirty-four powerful essays, based on Taoist and Buddhist thought, constitute a guide to what the author calls “non-volitional living”—the ancient understanding that our efforts to grasp our true nature are futile. Wei Wu Wei explains these venerable spiritual traditions in the context of modern experience, using wit and considerable precision to convey their profound insight into the very nature of existence. This essential Zen Buddhist classic, reissued after decades of unavailability, completes the collection of eight volumes by the masterful, elusive Wei Wu Wei

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"Wei Wu Wei goes right for the root. He takes away everything, and leaves nothing. Then he takes that away." --Joan Tollifson, author of Bare-Bones Meditation

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### **From the Publisher**

Wei Wu Wei, an anonymous Westerner, joins Paul Reps, Alan Watts, and Philip Kapleau as one of the earliest and most profound interpreters of Zen Buddhism and Taoist philosophies. The depth of understanding evidenced in All Else is Bondage places it in the top tier of modern spiritual classics. In the years since Wei Wu Wei's work was originally published, his stature has only increased. Well-read, educated at Oxford, and widely traveled, Wei Wu Wei brought a modern sensibility to the ancient texts.

### **From the Author**

"Please be so good as to believe that there is nothing whatever mysterious about this matter. If it was easy, should we not all be Buddhas? No doubt, but the apparent difficulty is due to our conditioning. The apparent mystery, on the other hand, is just obnubilation, an inability to perceive the obvious owing to a conditioned reflex which causes us persistently to look in the wrong direction!"--From the book

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