


DR. ARTHUR SOKOLOFF



**life**  
without  
stress

The Far Eastern Antidote  
to Tension and Anxiety

**Life Without Stress by Arthur Sokoloff**

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Arthur Sokoloff

Interweaving retellings of centuries-old parables, anecdotes from his personal life, and illustrative tales that talk to Western sensibilities, Dr. Sokoloff, the "Zen Dentist", provides a great primer for an individual looking for tranquility and internal peace within the modern, stress-filled world.

This booklet supplies an summary of Tao, Buddhism, Zen Buddhism, and Confucianism, with a robust opinion on how they are often Life Without Stress utilized to westerners, and continually with a lens of pragmatism. the result's an attractive evaluation of those philosophies and the way they are often utilized to one's life. This method makes for a breezy read, yet one who provides a really floor evaluate of each.

## **Life Without Stress**

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