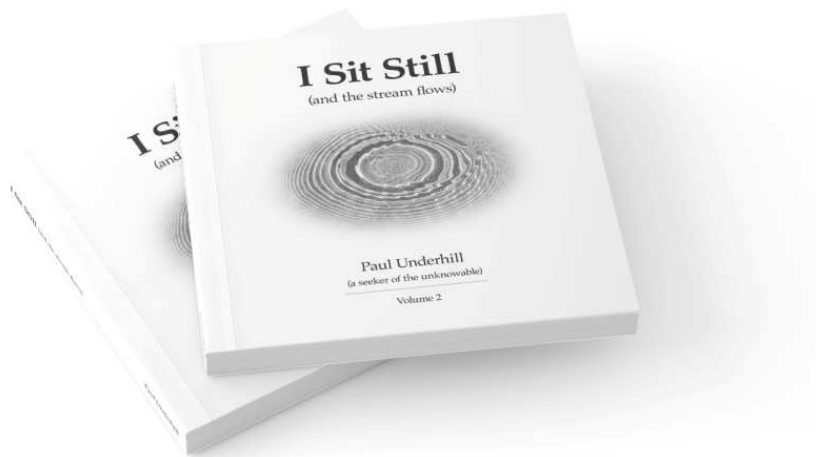


New Publication –

I Sit Still (and the stream flows)

This is to introduce you to *I Sit Still (and the stream flows)*, Volume 2 of the series that I'm writing on the application of Daoism in our modern world.



Volume 1 of the series, *I Sit Still (and the grass grows)*, was published some three years ago and focussed loosely on the centring and grounding of the Earth Element. This new Volume 2 is more inclined towards the ubiquitous concept of flow, and the Water Element.

Tew Bunnag, in his Foreword to this book, refers to the need for balance in the modern world, and this is exactly what I think can be achieved by adopting a more Daoist outlook. These books are self-published and can only be obtained through me.

As with Volume 1, I've tried to keep the price as close to cost as I can. There is available a limited number of copies of Volume 2, and a very small reprint of Volume 1; once they've gone, they've gone.

Prices are as follows:

Volume 2	£12
Volume 1	£10

P&P will be £3 per book for an order of just a few copies (within the UK), each book being sent separately.

P&P for larger orders, or orders overseas, will vary and need to be discussed with me. Generally, BACS payment is preferred.

If you wish to order, then I will need you to email me the following information:

- Your name and email address
- The address to which you want the book(s) sent
- The reference that you will put on your BACS payment (eg. your surname)
- Any message you would like me to write on the flyleaf

Once I have that information, and if there are still copies available, I'll email the payment details to you. Any queries or special requests, please email them to me at:

pwunderhill@gmail.com

Paul Underhill
August 2014