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Daoist Dietetics Immortality Livia Kohn

Livia Kohn, Ph.D., is professor emerita of Religion and East Asian Studies at Boston University. The author or editor of over 40 books, she now lives in Florida, serves as the executive editor of the Journal of Daoist Studies, and runs various workshops and conferences. Her specialty is medieval Daoism and the study of Chinese longevity practices.

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Daoist Dietetics brings out the religious and cultural contexts within which Chinese ideas about dietetics developed. Written beautifully and including a stock of accessible recipes, it represents a major step forward for popular literature on Chinese food and healing.---Vivienne Lo, Wellcome Centre for the History of Medicine Livia Kohn is Professor Emerita of Religion and East Asian Studies at Boston University.

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Livia Kohn, Ph. D., graduated from Bonn University, Germany, in 1980. After six years at Kyoto University in Japan, she joined Boston University as Professor of Religion and East Asian Studies in 1988. She has also worked variously as visiting professor and adjunct faculty at Eötvös Lorand University in Budapest,...

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Livia specializes in the study of Daoist religion and Chinese long life practices and has written and edited 35 books and over 100 articles, as well as translated works from the German, French, Chinese, and Japanese.

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Three Pines Press - Daoistic Dietetics

To attain immortality, there is nothing else but the refinement of these three treasures: essence, energy, spirit." (tr. Kohn 1956, 146). When the "three treasures" are internally maintained, along with a balance of yin and yang, it is possible to achieve a healthy body and longevity , which are the main goals of internal alchemy (Ching 1996, 395).

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