



Striking a Balance: A Primer in Traditional Asian Values

Michael C. Brannigan

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Striking a Balance: A Primer in Traditional Asian Values offers a lucid, thoughtful, and thoroughly engaging review of the major ethical teachings in the dominant Asian traditions. Michael C. Brannigan applies his extensive background and scholarship to craft a concise yet comprehensive introduction to Asian ethics covering the long-standing traditions of Hinduism, Buddhism, Zen Buddhism, Taoism, and Confucianism. He does this through the skillful use of narratives from classical and contemporary Asian literature. Moreover, he demonstrates that, despite differences, these traditions share a unifying theme in their principal ethical teachings - cultivating balance is the fundamental building block for inner harmony, moral activity, and a just society. Through historical overview and discussion of essential ethical themes, Striking Balance presents the rich texture of traditional Asian moral teachings in ways that are appealing, instructive, and enlightening. The work presupposes no prior knowledge of ethics or of Asian traditions and is ideal for all who are interested in learning more about Asian cultures and moral teachings. It is also an invaluable text for students at the introductory as well as upper levels in ethics, Asian studies, philosophy, religion, and humanities.

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