



Supercharged Taoist: An Amazing True Story to Inspire You on Your Own Adventure

The Barefoot Doctor Stephen Russell

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In the pages of this riveting book, **The Barefoot Doctor** charts his 25 years of training with some of the most inspiring and innovative teachers and gurus of their generation. You'll meet a man who could drive with his eyes closed, the yogi who actually emitted light when meditating, the Tai Chi teacher who could throw people across the room with one finger, and luminaries such as R. D. Laing and Ram Dass. In addition, you'll encounter colorful characters like Geronimo's grandson and Psycho Dan, who's on the lam for tearing off a man's ears with his bare hands!

Recounting a journey that takes him from urban London to the back alleys of Hong Kong, to the mystical mountains of New Mexico and back again, The Barefoot Doctor achieves something unique: he tells ripping yarns about real-life spiritual leaders that also succeed in passing on the essence of their teachings. As well as being hugely entertained, you'll come away inspired to start living by your own intuition so you can create an incredible life for yourself.

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