

The Tao of the Defiant Woman is a unique and invigorating approach to the challenges modern women face that combines Taoism, the ancient Chinese philosophy of acceptance, with a healthy dose of defiance.

**Tao of the Defiant Woman:
FIVE BRAZEN WAYS TO ACCEPT WHAT YOU MUST
AND REBEL AGAINST THE REST**

by CJ GOLDEN

**Order the complete book from the publisher
[Booklocker.com](http://www.booklocker.com)**

<http://www.booklocker.com/p/books/9624.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**

C J G O L D E N

U P D A T E D E D I T I O N

Tao of the Defiant Woman:

FIVE BRAZEN WAYS TO
ACCEPT WHAT YOU MUST AND
REBEL AGAINST THE REST



Copyright ©2007-2018 by CJ Golden

ISBN: 978-1-63263-991-2

Originally published in 2005.

Published by Abuzz Press, St. Petersburg, Florida

Library of Congress Cataloging-in-Publication Data

Golden, C. J.

Tao of the Defiant Woman : Five Brazen Ways to Accept What You
Must and Rebel against the Rest / CJ Golden.

p. cm.

(trade pbk.)

1. Women--Life skills guides. 2. Women--Conduct of life. 3. Self-realization
in women. I. Title.

HQ1221.G698 2007

155.6'33--dc22

Library of Congress Control Number: 2017919750

Printed on acid-free paper.

Abuzz Press

2018

Second Edition

Contents

PREFACE	IX
CHAPTER 1 - THE TAO OF DEFIANCE	1
1. THE DEFIANT WOMAN RECOGNIZES THAT HER BODY IS CHANGING, AND SHE IS THANKFUL THAT IT CONTINUES TO WORK AS WELL AS IT DOES	
2. THE DEFIANT WOMAN UNDERSTANDS THAT HER RELATIONSHIPS ARE EVER-EVOLVING, AND SHE ACCEPTS THAT, FOR SHE KNOWS SHE’S A WORK IN PROGRESS TOO	
3. THE DEFIANT WOMAN TREASURES HER FRIENDS AND DRAWS STRENGTH FROM THE COMMUNITY OF WOMEN	
4. THE DEFIANT WOMAN SEEKS POSITIVE ROLE MODELS TO HELP GUIDE HER AND STRIVES TO BE A LIKE EXAMPLE FOR HER DAUGHTERS	
5. THE DEFIANT WOMAN KNOWS THAT THE WORLD AROUND HER CONTINUES TO DEVELOP AND IS CONTENT, BECAUSE THERE IS ALWAYS SOMETHING NEW AND EXCITING TO LEARN	
CHAPTER 2 - FIVE PRINCIPLES TO DEFY BY	15
CHAPTER 3 - ACCEPT WHAT YOU MUST; REBEL AGAINST THE REST	63
APPENDIX	71
PLANNING A TAO-AND-DEFIANT GATHERING	
TAO-AND-DEFIANT DO’S AND DON’TS	
THE TAO-AND-DEFIANT BLESSING	
ACKNOWLEDGMENTS	79
ABOUT THE AUTHOR.....	81

Preface

This morning I grabbed a copy of Tao of the Defiant Woman and gave it a read-through. This is not something I do often – when I share the words within at workshops and speaking engagements I am pretty comfortable with the information and do not need to re-read the book.

But something today told me to do just that. And I quickly came to understand why.

While I have navigated my way down life's path - with the many roadblocks that try to inhibit my forward momentum - I have done so with the principles of the Tao helping to guide my way.

Often without recognizing that this is happening.

I most certainly did not realize how fully the Tao played a part in my life this past year as I became caregiver to my husband after he survived (we weren't sure he would) a series of strokes brought on by his recently diagnosed Chronic Lymphocytic Leukemia). Yet, he survived and so did I. I am quite sure that those principles of Taoism I hold so close to me are the reasons why we both came through the ordeal.

It was the understanding that “life happens”, the good, the bad, the joyful and the painful, pop up and we often have no control over these events. This is the principle of Tzu-jan. But when we understand the Wu Wei, we know that we must recognize, rather than ignore, these happenings in order to confront the challenge and continue with our lives.

The principle of Te tells us to recognize our strengths and forgive our weaknesses. Well, I can be one pushy and tenacious broad and I have a modicum of intelligence. Together these strong points helped me to work through the challenges I faced last year. And when I hit a point that required a skill that I did not possess – I did not hesitate to reach out to people who could supplement my knowledge and ability.

CJ Golden

As with all of life, we find the complimentary forces of the Yin and Yang – the ups and downs, the happy and sad, the dark and the light – to be at work around and within us. Understanding that concept I was able to recognize the good that would come out of the painful. And it did, for as close and loving as Joe and I had always been, we now have a marriage that has grown in indefinable ways. Our children and grandchildren were able to see what love and courage and strength are really about.

Therefore, understanding, retrospectively, how all that I did relied on these principals, I am re-releasing the book now to you all, with the hope that you will also find your strength through the teachings of the Tao.

In peace and love,
CJ

Chapter 1

The Tao of Defiance

Tao (pronounced dow):

THE ANCIENT CHINESE PHILOSOPHY BEST TRANSLATED AS THE WAY OR THE PATH. IN MODERN TERMS, ONE MIGHT SAY IT MEANS GOING WITH THE FLOW.

Defiant:

REBELLIOUS AND BOLD.

By definition these two words would appear to be mutually exclusive. But this is not necessarily true. Certainly, there are those women who, in their practice of Taoism, exude serenity. They recognize that they are one with nature, accepting their life's transitions as a part of that natural order. And there are others who, with their defiant attitude, seem to contest the inevitable changes that occur as they pass from one year to the next. But a combination of these two approaches is not impossible. Far from it, it is absolutely the healthiest and happiest mindset women can have.

I'm convinced that all women, especially as we approach our fourth, fifth, and sixth decades and beyond, can and should absolutely define ourselves as

“Tao-and-Defiant.” Those who do so are the most fully alive and contented women around. They’re a joy to be with because they’re completely comfortable with themselves, no matter what stage of their lives they happen to be in.

Women of today inevitably face various stumbling blocks and detours along our paths. Life does not always flow smoothly, but even when it does, we find ourselves confronted with the challenges of physical and emotional upheaval and unexpected lifestyle changes.

Transitions appear in our personal lives as we find our bodies changing both in appearance and in health; in our interpersonal lives—affecting our relationships with parents and children, husbands and lovers, friends and acquaintances; and in the world that surrounds us as we deal with jobs and careers, technological advances, demands on our leisure time, and revolutions in the arts, music, and fashion.

We are ever evolving; our lives are constantly in flux. It is imperative that we find a way to handle these transitions contentedly, joyfully, and without regrets. We travel down life’s path and discover that nothing remains the same. Nature changes: rivers flow over smooth soil and rocky boulders. Leaves turn from bright green to orange, red, and gold. The petals on a flower open from a bud, bloom, and ultimately fall. We’re part of nature. We too change.

The woman who understands Tao recognizes that those transitions are to be expected and are going to occur and that, well, there’s no use fighting them. Just watch that river as it makes its way downstream. There it is, flowing along calmly and effortlessly, when a large obstruction appears in its path. Okay, so the going gets rough for a bit, but eventually it finds smooth sailing again and continues gently on its way.

For those of you who are unfamiliar with Taoism, I'd like to introduce you to this amazing Eastern philosophy, putting it into the context of our lives today. Taoism offers us a path to follow as we go through the stages of our lives, existing in accord with nature's cycles. These transitions—many of which bring us new challenges from day to day—are part of that natural flow. Why, then, should we bemoan the passing from one phase of life to another?

It would take a lifetime of study to fully understand Taoism, and that is not the objective of this book. I am not suggesting that you embrace it as your value system, unless you find you would like to do so. What I am suggesting is that a rudimentary understanding of its principles will help you deal with the transitions you face as you negotiate your way through life.

This, then, is a modified Taoism 101 tutorial.

Yin and Yang

ALL LIFE EMBODIES YIN AND EMBRACES YANG,
THROUGH THEIR UNION ACHIEVING HARMONY.

—TAO TE CHING

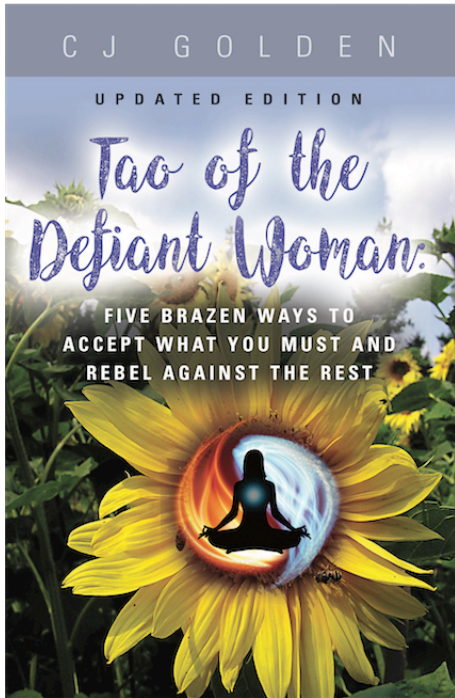
We begin with the yin and the yang, the world and its opposites. The yin is the female, the dark, the passive; the yang, or the male, is the light, the assertive. These two forces create each other, as the Tao Te Ching explains so beautifully:

Being and non-being create each other.

Difficult and easy support each other.

Long and short define each other.

High and low depend on each other.



The Tao of the Defiant Woman is a unique and invigorating approach to the challenges modern women face that combines Taoism, the ancient Chinese philosophy of acceptance, with a healthy dose of defiance.

**Tao of the Defiant Woman:
FIVE BRAZEN WAYS TO ACCEPT WHAT YOU MUST
AND REBEL AGAINST THE REST**

by CJ GOLDEN

**Order the complete book from the publisher
[Booklocker.com](http://www.booklocker.com)**

<http://www.booklocker.com/p/books/9624.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**