

道德经一个人能够具备这两种能力两种智

<p class=index-module_textWrap_3ygOc> <p> <BLOCKQUOTE cl
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um none; BACKGROUND: rgb(244,245,246); WHITE-SPACE: norm
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WIDOWS: 2; MARGIN: 0px 0px 20px; LETTER-SPACING: normal; T
EXT-INDENT: 0px; border-radius: 4px; -webkit-text-stroke-width
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PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-diagnose-id=45b
53f0d2ea949fa04b36a6d2c563e5f data-from-paste=1> <p style=
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OM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT
: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-from-paste=1> 《
道德经》中，老子说：“为学日益，为道日损，损之又损，以至于无为
，无为而无不为。” </p></BLOCKQUOTE> <p></p> <p></p> <p cla
ss=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: b
order-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPAC
E: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-T
RANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; B
ORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: n
ormal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0
px; -webkit-text-stroke-width: 0px; text-decoration-style: initial;
text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi
: ; Arial: data-from-paste=1> <p data-diagnose-id=8f41eef3644a0

2f0dd1513ffbb5c4831 data-from-paste=1 data-fake=1>这句话，
包含</p><STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose-id=d effe947c42e7e69de7bd16c5addcd51 data-from-paste=1>两种能力，一种是加，一种是减；两种智慧，拿得起（得），放得下（舍）。 <p></p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>一个人，能够具备这两种能力，两种智慧，人生没有烦恼。 </p> <p></p> <p></p> <p class=index-module_mediaWrap_213jB> <p class=index-module_contentImg_JmmC0></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <H3 class=pgc-h-center-line data-diagnose-id=5c5742b9efbfb0bc2a6f416f831587a5 data-from-paste=1>拿得起，勤勉加持，人生自强不息。 </H3> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: r

gb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1><p data-diagnose-id=a5349777632a0fde25299324ec8445ab data-from-paste=1 data-fake=1>人到中年，四十不惑，回首黄金岁月，突然发现，人生的意义只有两个字，那就是：</p><STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose-id=aec1a8d5a8cca8dfe03c2ea3543b2ba2 data-from-paste=1>奋斗 <p data-diagnose-id=ac50633b601a6202ca38d928eedc03f9 data-from-paste=1 data-fake=1>。</p> <p></p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>人从出生那一刻开始，就注定要自强不息，哪天动不了了，生命也就戛然而止。</p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px

; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1> <p data-diagnose-id=a883878215a53b364d0d5f7a49d94d5e data-from-paste=1 data-fake=1>老子说： “</p><STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose-id=9fc109ddb391c75015d5e9ab6278d82e data-from-paste=1>为学日益 <p data-diagnose-id=37e5dff018c6e8bc61f1fc72f7a0608f data-from-paste=1 data-fake=1>。” </p> <p></p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>我们牙牙学语，认知世界，上学读书，出来社会工作，在岗位中学习求进，再进一步创业创新。 </p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255);

TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1> <p data-diagnose-id=b35e766518c4f445d427528d035a73fd data-from-paste=1 data-fake=1>本质上，我们都是做加法： </p><STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose-id=f0ce346cdd983686355416f40797b247 data-from-paste=1>为学日益，多多益善。 <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1><STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose-id=9b4ae815e4b101a9c66c9a944c99f728 data-from-paste=1>做加法，就是走上坡路，唯有不断努力，勤勉加持，才能攀登人生的巅峰。 </p> <p></p> <p></p> <p class=index-module_mediaWrap_213jB> <p class=index-module_contentImg_JmmC0><img src=https://pics1.baidu.com/feed/91529822720e0cf33f59bb9ba70c1917bf09aafc.jpeg?token=/static-img/vZqInCoSilbKZTYQDzCxSLHzWTf_mJpTIVXFuXc

aLlgzZAaG9dQdFTQhKA7_YvjG0rvhRS-2umod25YpgikNpHXMyH
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gBICJ6WHbz_wMcCXG9PIAbpDZWY6lfo3EWmkCA-iUFVbwrcs.jp

g width=640 /></p> <p></p> <p class=index-module_textWrap_3
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34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2;
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b(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0
px; text-decoration-style: initial; text-decoration-color: initial; Pi
ngFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>奋斗
，是一种积极的态度，一生都应该秉持这样的心态，和年纪没有关系。

</p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc>
<p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORD
ER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BO
RDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34
,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDO
WS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255
,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; te
xt-decoration-style: initial; text-decoration-color: initial; PingFa
ng: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>年轻的时
候，错把冲动当奋斗；中年的时候，错把懒惰当稳定。 </p> <p></p> <
p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=
BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0p
x; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTO
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IGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTE
R-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TE

XT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1><STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose-id=102a3ee6fed0b80ab1cf141b49baa912 data-from-paste=1>无论什么年纪，积极的心态，就是要随时能够拿得起：想做什么事，有决心，有勇气，有行动力。</p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>比如说，我自己曾经是个十几年的上班族，身上有现代人的通病，就是晚睡，晚上玩手机不想睡，第二天早上赖床不想起。</p> <p></p> <p></p> > <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1> <p data-diagnose-id=cf929f9

5d48754f32df889e85283434e data-from-paste=1 data-fake=1>后来我想，下半生不能再这样浑浑噩噩过日子了，要像《黄帝内经》说的那样：“</p><STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDIN G-BOTTOM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORD ER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose -id=f392f36f10146687f4596b0aea6c7a22 data-from-paste=1>法于阴阳，和于术数，饮食有节，起居有常，不作妄劳。” <p></p> <p></p> <p></p> <p class=index-module_mediaWrap_2 13jB> <p class=index-module_contentImg_JmmC0></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-bo x; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: norma l; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFOR M: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LE FT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BA CKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webk it-text-stroke-width: 0px; text-decoration-style: initial; text-dec oration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>于是，我开始调整自己的作息，和日月星辰同步，太阳升起的时候，我就起床，午时吃一天的正餐，下午申时运动，晚上亥时睡觉。</p> <p></p> <p></p> <p class=index-module_text Wrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-T OP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPA

CING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; CO
LOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORP
HANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-C
OLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke
-width: 0px; text-decoration-style: initial; text-decoration-color:
initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-past
e=1>慢慢地，我的亚健康得到改善，工作效率提高，间接地收入也得
到提升，更重要的，释放了更多的自由时间。 </p> <p></p> <p></p>
<p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZ
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-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; T
EXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: just
ify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACI
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ENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style:
initial; text-decoration-color: initial; PingFang: ; Hiragino: ; Wen
QuanYi: ; Arial: data-from-paste=1><STRONG style=BOX-SIZING:
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OTTOM: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; PADDI
NG-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGH
T: 0px data-diagnose-id=22d0eab0ac2fb0cc6d72a91fdccdd3de d
ata-from-paste=1>自律让我自由。一系列的连锁反应，是正向的，
积极的。最关键是自己要有行动力，而不是光想不做。 </
<p> <p></p> <p></p> <p class=index-module_mediaWrap_213jB>
<p class=index-module_contentImg_JmmC0><img src=https://
pics3.baidu.com/feed/48540923dd54564e0e79b8310094778ad1
584f69.jpeg?token=/static-img/lptjPW1MwtRGqFJ_DKPiSLHzWT
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5PDA98QCOEfp_gBICJ6WHbz_wMcCXG9PIAbpDZWY6lfo3EWmk
CA-iUFVbwrcs.jpg width=640 /></p> <p></p> <p class=index-mo
dule_textWrap_3ygOc> <p> <H3 class=pgc-h-center-line data-di
agnose-id=1da0de6008025296f866f389a92c1071 data-from-past
e=1>放得下，随时舍得，人生没有烦恼。 </H3> <p></p> <p></p> <p
class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZIN
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PACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEX
T-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify
; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING:
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nYi: ; Arial: data-from-paste=1><STRONG style=BOX-SIZING: bor
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LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0
px data-diagnose-id=6e838facca7ace94b00efb362710967a data-
from-paste=1>一个人只进，不出，那是失衡的，病态的；只有维持有
进，有出的状态，才是平衡的，健康的。 </p> <p></p> <
<p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=
BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0p
x; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTO
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IGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTE
R-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TE
XT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoratio
n-style: initial; text-decoration-color: initial; PingFang: ; Hiragin
o: ; WenQuanYi: ; Arial: data-from-paste=1>一进，一出，就是加法

和减法。

拿得起，是一种做加法的能力；于此同时，另一种做减法的能力，也同样重要，那就是放得下。

老子说：“为道日损，损之又损，以至于无为，无为而无不为”。

extWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>很多人以为，老子“无为”的理念是消极的，恰恰相反，老子先提出“为学日益”，这是做加法的过程，要拿得起，然后在这个基础上，再提出“为道日损”，要放得下，要舍得。 </p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>我们从两方面结合起来看，就会发现老子的理念是辩证的，也是完整的，甚至是无可挑剔的。 </p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hi

ragino: ; WenQuanYi: ; Arial: data-from-paste=1> <p data-diagnose-id=e9cbdf6a940c6bf383e72457f4d2d8a8 data-from-paste=1 data-fake=1>简单地说，老子是告诉我们： </p><STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose-id=caeea1ee76c9bc3eb48abefb91f35d04 data-from-paste=1>要拿得起，同时，也要放得下。 <p></p> <p></p> <p></p> <p class=index-module_mediaWrap_213jB> <p class=index-module_contentImg_JmmC0></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal ; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1><STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose-id=e9c15cfe582115d5a002293adc71cd85 data-from-pas

te=1>要懂得做加法，也要懂得做减法，唯有如此，人生才算活出了境界。

</p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>很多人，拿是拿得下，放却放不下。这样的人，无论多么富有，多么有成就，他的精神世界，始终是欠缺的。

</p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>因为，世界上没有只来不去的东西。有些人想牢牢抓住的关系，物质，和金钱，这些东西，时机到了会来，时间到了也会去。等散去的时候，如果放不下，人就会感到痛苦和烦恼。

</p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR

: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-widt
h: 0px; text-decoration-style: initial; text-decoration-color: initia
l; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>
<STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BO
RDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDING-BOTTOM: 0
px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT: 0px;
MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose-id=453ecf1fa
0d24e67f0618c186fbeefb1 data-from-paste=1>所以，学会放下，
是非常重要的能力，也是一种修行。老子说是修道，损之又损，直到真
正放手，不控制，无为才能悟道。 </p> <p></p> <p></p>
> <p class=index-module_mediaWrap_213jB> <p class=index-mo
dule_contentImg_JmmC0><img src=https://pics5.baidu.com/fe
ed/7acb0a46f21fbe09b2672417c42ae73b8744ad48.jpeg?token=
static-img/1ajghvjZq4h2qWEUDsgS3bHzWTF_mJpTIVXFuXcaLlg
zZAaG9dQdFTQhKA7_YvjG0rvhRS-2umod25YpgikNpHXMyHACv_
LthUPb9d1dBWuKIk6DFiiti5PvCrcevFfbhBl5PDA98QCOEfp_gBIC
J6WHbz_wMcCXG9PIAbpDZWY6lfo3EWmkCA-iUFVbwrcs.jpg wid
th=640 /></p> <p></p> <p class=index-module_textWrap_3ygOc
> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BOR
DER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; B
ORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,
34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WI
DOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(
255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px
; text-decoration-style: initial; text-decoration-color: initial; Pin
gFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>大道
至简。 </p> <p></p> <p></p> <p class=index-module_textWrap_3
ygOc> <p> <p style=BOX-SIZING: border-box; BORDER-TOP: 0px;
BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0p

x; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1><STRONG style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; BORDER-BOTTOM: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; PADDING-RIGHT: 0px data-diagnose-id=d04f4121aa99048babaa6bc5c2348fb0 data-from-paste=1>人的一生，具备这两种能力，做加法的能力，和做减法的能力；也就具备了两种智慧：拿得起，放得下，有舍，有得。</p><p></p><p></p><p class=index-module_textWrap_3ygOc><p><p style=BOX-SIZING: border-box; BORDER-TOP: 0px; BORDER-RIGHT: 0px; WHITE-SPACE: normal; WORD-SPACING: 0px; BORDER-BOTTOM: 0px; TEXT-TRANSFORM: none; COLOR: rgb(34,34,34); TEXT-ALIGN: justify; BORDER-LEFT: 0px; ORPHANS: 2; WIDOWS: 2; LETTER-SPACING: normal; BACKGROUND-COLOR: rgb(255,255,255); TEXT-INDENT: 0px; -webkit-text-stroke-width: 0px; text-decoration-style: initial; text-decoration-color: initial; PingFang: ; Hiragino: ; WenQuanYi: ; Arial: data-from-paste=1>从此，人的一生，就会彻底改变，随时拿下，随时放下，真正活得从容，洒脱，自由自在，没有烦恼。</p><p></p><p></p><p class=index-module_textWrap_3ygOc><p><p class=one-p style=MAX-WIDTH: 100%; COLOR: rgb(51,51,51); PingFang: ; Helvetica: data-from-paste=1><STRONG style=MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; COLOR: rgb(51,51,51); OUTLINE-

WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px data-diagnose-id=3e225a7e085780ffa48b14c1492fcba2 data-from-paste=1> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=e660c5955d2439c93b4b64fb9b5b271b data-from-paste=1> 《道德经》值得我们一读再读，因为老子讲的是非常浓缩的精华，需要我们在实际生活中，慢慢琢磨和实践。 </p> <p></p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p class=index-module_textWrap_3ygOc style=MAX-WIDTH: 100%; COLOR: rgb(51,51,51); PingFang: ; Helvetica: data-diagnose-id=0a98a8944e2c05628cc753aa1eda2a2d data-from-paste=1> <p class=parentloadingclass style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; OVERFLOW-Y: auto; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px 0px auto; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-from-paste=1 data-bjh-caption-length=0> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: n

one transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=3aac9b2e32f9c1b6104c1a96d30c5ee0 data-from-paste=1 data-fake=1> 《道德经》在哲学上的高深，历史有目共睹，西方哲学家研究的终极问题，你都能在《道德经》里面找到，并且作出了

gnose-id=7453ffee5b0fa8ec397ab7c152ec1e09 data-from-paste=1></p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=MAX-WIDTH: 100%; COLOR: rgb(51,51,51); Ping Fang: ; Helvetica: data-from-paste=1>虽然很多人可能没有读过《道德经》，但是就在你的不经意之间，可能就暗合了它，在读道德经的时候，也是你跟自己和解，更了解自己的过程。 </p> <p></p> <p></p> > <p class=index-module_mediaWrap_213jB> <p class=index-module_contentImg_JmmC0></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p class=index-module_textWrap_3ygOc style=MAX-WIDTH: 100%; COLOR: rgb(51,51,51); Ping Fang: ; Helvetica: data-diagnose-id=65ff0c2af115c0151b953c8a89ed136b data-from-paste=1> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; OVERFLOW-Y: auto; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-from-paste=1><br data-diagnose-id=ba88c695e8fc953dbae365d4abc3d2e2 data-from-paste=1></p> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; OVERFLOW-Y: auto;

BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-from-paste=1> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=51386a054596b9cd2eb9a521b28bdb42 data-from-paste=1 data-fake=1>学习道德经，有一个最大的好处就是</p> <p class=bjh-strong style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; COLOR: rgb(51,51,51); OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=d44884935dfc644707abe2426d3d4f61 data-from-paste=1>可以重新梳理自己的思维方式</p> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: inver

t; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=21899647917d7f046e0be3378480daa1 data-from-paste=1 data-fake=1>, 可以提高自己对于自己人生的控制力, 每一个认真对待生活的人都应该读一读道德经! </p><p></p><p></p><p></p><p></p><p class=index-module_textWrap_3ygOc><p><p class=index-module_textWrap_3ygOc style=MAX-WIDTH: 100%; COLOR: rgb(51,51,51); PingFang: ; Helvetica: data-diagnose-id=0525760c166b789b5a5dff6167f4e191 data-from-paste=1><p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; OVERFLOW-Y: auto; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px 0px auto; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-from-paste=1><p class=bjh-p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=fb5ece50718574e6d25a6389a33dfd15 data-from-paste=1>虽然《道德经》只有5000多字, 字数上看仅是一篇初级论文的长度, 却是老子一生智慧的结晶。就是因为这种深奥性, 很多人都读不懂, 因此对道德经这本书, 又爱又恨.</p><p></p><p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent

t scroll repeat 0% 0%; OVERFLOW-Y: auto; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px 0px auto; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-from-paste=1> <p class=bjh-p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent s croll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break -all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TO P: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEF T: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=57b97eed1c3 8b2dd0a0dbc592e11d84c data-from-paste=1><br data-diagnose -id=4d088af26537d4424d5e760f0c168b69 data-from-paste=1></ p> <p></p> <p></p> <p></p> <p></p> <p class=index-module_m ediaWrap_213jB> <p class=index-module_contentImg_JmmC0> </p> <p></p> <p cl ass=index-module_textWrap_3ygOc> <p> <p class=index-modul e_textWrap_3ygOc style=MAX-WIDTH: 100%; COLOR: rgb(51,51, 51); PingFang: ; Helvetica: data-from-paste=1>因此，我推荐大家 可以尝试读一读全注全译图解版本的《道德经》。 </p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p class=inde x-module_textWrap_3ygOc style=MAX-WIDTH: 100%; COLOR: rg

b(51,51,51); PingFang: ; Helvetica: data-from-paste=1>原文，注解等等，一应俱全，这样可以帮助我们更加方便快捷的掌握书里面的精髓，为了营造身临其境的感觉，还精心设计了600多副的插画，大家都知道，孩子天生就对于图画没有抵抗力，因此孩子看了都会很喜欢。

</p>

<p class=index-module_textWrap_3ygOc style=MAX-WIDTH: 100%; COLOR: rgb(51,51,51); PingFang: ; Helvetica: data-diagnose-id=24126ee485135f9be2d397f873419d91 data-from-paste=1>
<p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; OVERFLOW-Y: auto; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-from-paste=1><br data-diagnose-id=7345a8de42cc42a7aef5cb06ecb5a8cf data-from-paste=1></p>
<p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; OVERFLOW-Y: auto; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDIN

G-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-from-paste=1> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=f906b18ee12fc92d09465f19053e7394 data-from-paste=1 data-fake=1>同时，因为道德经还是一片非常经典的韵文，它的</p> <p class=bjh-strong style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; COLOR: rgb(51,51,51); OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=c81a3a0696a7814d11acefd18cedd85e data-from-paste=1>字字句句之间全是语言美的高度浓缩，堪比艺术品。 </p> <p></p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p class=index-module_textWrap_3ygOc style=MAX-WIDTH: 100%; COLOR: rgb(51,51,51); PingFang: ; Helvetica: data-diagnose-id=4ccf8965eda5c1c654c0003be3e60d1b data-from-paste=1> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; OVERFLOW-Y: auto; B

ORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px 0px auto; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-from-paste=1> <p class=bjh-p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=1fa9b257108ef43585490da1da48c823 data-from-paste=1> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=e68ef96a0c813171f0d3ddc487209547 data-from-paste=1 data-fake=1>因此，在道德经中寻找大智慧的同时，千万别忘了还可以带着孩子一起读一读，一起</p> <p class=bjh-strong style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; COLOR: rgb(51,51,51); OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN:

0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=241cfe7d62148d6a8722cc96a15159aa data-from-paste=1>感受国学文化的魅力</p> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=1be1c3b70874abba2e0d0c2aee815f4a data-from-paste=1 data-fake=1>, 通过念道德经, 还能让孩子</p> <p class=bjh-strong style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; COLOR: rgb(51,51,51); OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=9d4efb4c06036bdfad22cf15a382ee66 data-from-paste=1>体会道德经中的语言美感</p> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=ed2cf05c65a4b22e11ed879d1d0cf422 data-from-past

e=1 data-fake=1>，孩子能</p> <p class=bjh-strong style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; COLOR: rgb(51,51,51); OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=2e904547299b7261b22e537943bb86d4 data-from-paste=1>了解到什么是句子的重音所在</p> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=4289395cd0f5950d545443be7fa42d1d data-from-paste=1 data-fake=1>等等，在</p> <p class=bjh-strong style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; COLOR: rgb(51,51,51); OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=6f58f2860c69138351c1d769dfedc582 data-from-paste=1>潜移默化中培养孩子对国学的兴趣</p> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORD

ER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px ; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px ; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=098f0ff6509b5f90c1b14fcf2da9d8b2 data-from-paste=1 data-fake=1>。 </p> <p></p> <p></p> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; OVERFLOW-Y: auto; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px 0px auto; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-from-paste=1> <p class=bjh-p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=97e7d9e225bd7bb5a7bbffa1684f3eaf data-from-paste=1> <p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px; WORD-BREAK: break-all; OUTLINE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LE

FT: 0px; MARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; overflow-wrap: break-word data-diagnose-id=6ffa8989088bd00d6169519c397410d8 data-from-paste=1 data-fake=1><br data-diagnose-id=0151933198ee942f0a2233ee11280d6c data-from-paste=1></p> <p></p> <p></p> <p></p> <p></p> <p></p> <p class=index-module_mediaWrap_213jB> <p class=index-module_contentImg_JmmC0></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=MAX-WIDTH: 100%; COLOR: rgb(51,51,51); PingFang: ; Helvetica: data-from-paste=1>为了能保存的更长久，精心的用锁线硬壳来装帧的，不容易掉页。 </p> <p></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=MAX-WIDTH: 100%; COLOR: rgb(51,51,51); PingFang: ; Helvetica: data-from-paste=1>有人说，《道德经》是老子写给后世的书。 </p> <p></p> <p></p> <p class=index-module_mediaWrap_213jB> <p class=index-module_contentImg_JmmC0></p> <p></p> <p class=index-module_textWrap_3ygOc> <p> <p style=MAX-WIDTH: 100%; COLOR: rgb(51,51,51); PingFang: ; Helvetica: data-from-paste=1>不管是买给自己还是孩子，只要静下心来

看完，相信都会对你们的人生产生积极的影响。

好书限时特惠69元

点击下方商品卡即可购买：

R: rgb(153,153,153); BORDER-LEFT: 0px; border-radius: 5px; Pin
gFang: ; Helvetica: data-diagnose-id=70453c6533a0048d6875ea
6101e37334 data-from-paste=1> <p style=TEXT-DECORATION: n
one; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px
; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent sc
roll repeat 0% 0%; BORDER-BOTTOM: 0px; POSITION: relative; W
ORD-BREAK: break-all; COLOR: rgb(153,153,153); OUTLINE-WIDT
H: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-ST
YLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 24p
x 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; TEXT-INDE
NT: 0px; overflow-wrap: break-word data-from-paste=1>店内套
餐如下，根据自己需要选购哦! </p> <p style=TEXT-DECORATION: n
one; MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px
; VERTICAL-ALIGN: baseline; BACKGROUND: none transparent sc
roll repeat 0% 0%; BORDER-BOTTOM: 0px; POSITION: relative; W
ORD-BREAK: break-all; COLOR: rgb(153,153,153); OUTLINE-WIDT
H: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-ST
YLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 24p
x 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; TEXT-INDE
NT: 0px; overflow-wrap: break-word data-from-paste=1>道德经+
周易=99元（立省51元） </p> <p style=TEXT-DECORATION: none;
MAX-WIDTH: 100%; BORDER-TOP: 0px; BORDER-RIGHT: 0px; VER
TICAL-ALIGN: baseline; BACKGROUND: none transparent scroll r
epeat 0% 0%; BORDER-BOTTOM: 0px; POSITION: relative; WORD
-BREAK: break-all; COLOR: rgb(153,153,153); OUTLINE-WIDTH: 0
px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE-STYLE
: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN: 24px 0
px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; TEXT-INDENT
: 0px; overflow-wrap: break-word data-from-paste=1> <p style=

TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP: 0px
; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGROUND
: none transparent scroll repeat 0% 0%; BORDER-BOTTOM: 0px;
WORD-BREAK: break-all; COLOR: rgb(153,153,153); OUTLINE-WI
DTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUTLINE
-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MARGIN:
0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; TEXT-INDEN
T: 0px; overflow-wrap: break-word data-diagnose-id=cead6588d
70ecbd4c7e884d9a6e7644e data-from-paste=1>道德经</p> <p st
yle=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-TOP:
0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKGRO
UND: none transparent scroll repeat 0% 0%; BORDER-BOTTOM:
0px; WORD-BREAK: break-all; COLOR: rgb(153,153,153); OUTLIN
E-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; OUT
LINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; MAR
GIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; TEXT-I
NDENT: 0px; overflow-wrap: break-word data-diagnose-id=edbb
8a24c7f2cf78e07acf65e71d8d19 data-from-paste=1>+周易</p> <
p style=TEXT-DECORATION: none; MAX-WIDTH: 100%; BORDER-T
OP: 0px; BORDER-RIGHT: 0px; VERTICAL-ALIGN: baseline; BACKG
ROUND: none transparent scroll repeat 0% 0%; BORDER-BOTTO
M: 0px; WORD-BREAK: break-all; COLOR: rgb(153,153,153); OUTL
INE-WIDTH: 0px; PADDING-BOTTOM: 0px; PADDING-TOP: 0px; O
UTLINE-STYLE: none; PADDING-LEFT: 0px; BORDER-LEFT: 0px; M
ARGIN: 0px; OUTLINE-COLOR: invert; PADDING-RIGHT: 0px; TEXT
-INDENT: 0px; overflow-wrap: break-word data-diagnose-id=879
0136e7e0121269d99aee44319bd1f data-from-paste=1 data-fake
=1>+山海经+黄帝内经=179元（立省121元）</p> <p></p></BLOCK
QUOTE> <p></p> <p></p><p><a href = "/pdf/31219-道德经一个人

能够具备这两种能力两种智慧人生没有烦恼.pdf" rel="external nofollow" download="31219-道德经一个人能够具备这两种能力两种智慧人生没有烦恼.pdf" target="_blank">下载本文pdf文件</p>