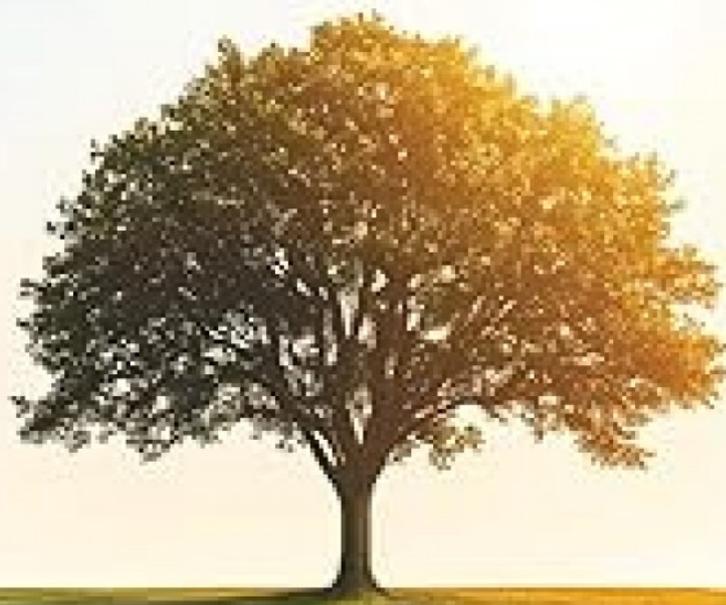


Gerard Wouters Shares a Path to Balance in How to Make Life Simple, Happy and Successful the Taoist Way

How to
make life **simple,**
happy and
successful
the Taoist way

Introduction to a new way of living



Taoist master
Gerard Wouters

Tomah, Wisconsin Mar 26, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Renowned Taoist practitioner and author **Gerard Wouters** presents a powerful new approach to personal growth and well-being in his latest book, *How to Make Life Simple, Happy and Successful the Taoist Way – Introduction to a New Way of Living*. Drawing from decades of experience and ancient Eastern philosophy, the book offers readers a practical path toward balance, clarity, and fulfillment in today's fast-paced world.

About the Book

In *How to Make Life Simple, Happy and Successful the Taoist Way*, Wouters invites readers on a transformative journey rooted in the timeless principles of Taoism. Through his distinctive Taoist Niranam philosophy, the book goes beyond traditional self-help frameworks, delivering actionable insights that help individuals navigate stress, uncertainty, and the complexities of modern life.

Blending ancient wisdom with contemporary application, the book empowers readers to:

- Cultivate inner peace and emotional balance
- Discover purpose and personal freedom
- Simplify life while achieving meaningful success

Accessible, insightful, and deeply reflective, this work provides a fresh perspective for anyone seeking a more harmonious and fulfilling way of living.

About the Author

Gerard Wouters, born in the Netherlands in 1964, is a respected Trans-Atlantic Taoist Master™, therapist, and author with over 29 years of experience. Throughout his career, he has helped more than 4,000 individuals including over 700 healthcare professionals achieve clarity, healing, and personal transformation.

After seven years of intensive training under a Taoist master, Wouters developed a unique therapeutic method in 1997 designed to resolve psychological challenges efficiently, often within just four sessions or a two-day group workshop. His work bridges ancient Taoist teachings with modern Western life, making profound concepts accessible and practical.

His latest book has received significant recognition, including the **Literary Titan Book Award 2025**, as well as the **GHP Global Holistic Health Award 2026**, where he was also named **Wellbeing Author of the Year** in the Netherlands Prestige Awards.

Inspiration Behind the Book

The book was inspired by Wouters' clients, many of whom encouraged him to document the transformative insights he shares during sessions and workshops. These teachings, known for their immediate and profound impact, are now available to a wider audience through this comprehensive guide.

Media & Public Appearances

Gerard Wouters has been featured across a wide range of international platforms, including:

- The Spotlight Network with Logan Crawford

<https://www.youtube.com/watch?v=T06eAB5EBTA>

- The Sports Doctor
- Farewell Mr. Nice Guy
- No Sitting on the Sideline Dad
- Live Love Engage Podcast
- Holistic Health
- Just Dumb Enough Podcast
- The Caregiver's Radio Show
- Productivity Smart
- Let's Real: Mama's Journey Podcast
- Transform Your Mind
- The Gurus and Game Changers Podcast
- And numerous other wellness, business, and personal development programs

Message to Readers

“Read the book and discover a new way to look at life—one that allows you to make it simple, happy, and successful,” Wouters shares.

Book Availability

How to Make Life Simple, Happy and Successful the Taoist Way is available on Amazon:

<https://www.amazon.com/make-simple-happy-successful-Taoist/dp/B0F44H7RSR>

Author Website

For more information, visit:

<https://thetaoistway.com/>



Media Contact

Prime Seven Media

*****@gmail.com

+1 414-286-4043

201 Helen Walton Drive, Suite #2

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