

Journal free writing

Literature



**ASSIGN
BUSTER**

I think the safest label which can be given to it is the art of living. I'd have to say this because it addresses everyone and seems to have advice for people of all spheres. It's difficult to understand without assistance. There are a lot of phrases and verses which require more in-depth study. Just a superficial reading would make it seem as though it were poetry with pretty words but not much else. This I find a bit irritating. It could be because I don't know Chinese and the translations are either too simple or too difficult.

What I do like about reading is that it is a very soothing text. It feels like it is a consolatory reading. I think it is a key text to be read when one is depressed. Some passages are very uplifting. And it doesn't matter which religion you follow to appreciate them.