The Benefits of a Daily Personal Growth Practice

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The benefits of a daily personal growth practice: An interpretive autoethnographic study

Abstract

The goal of Dr. Richard Bargdill's research into Taoist texts began with a hunger for change and growth practices. This very personal practice that had no intention of being shared turned into very useful information for our understanding of wider social phenomena. We assisted Dr. Bargdill in his research by transcribing both qualitative and quantitative data to analyze for the purpose of sharing the transformational power of a daily personal growth practice. For the past four years Dr. Richard Bargdill has taken a reading from one of the 81 chapters of the Tao de Ching as well as a reading from one of the 64 I-Ching excerpts daily. In addition, Bargdill used a random number generator to select one of the 64 I-Ching excerpts four years of his daily Tao readings. With each Tao excerpt he has a paragraph to give himself a deeper understanding and now to share this information so that it is not a private project, and the primary researcher intentionally brought to the experience. 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