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The Tao of Pooh introduces readers to Taoism, the religious tradition emphasizing living in harmony with Tao. Tao means "the way" and is illustrated through the main character Pooh. Pooh lives a very simple, carefree life. Pooh is also known as the Uncarved Block, which is the original simplicity of natural power. [The Tao of Pooh Characters | GradeSaver](#)

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