



## 150 Ways to Get Your Zen on: Book 2 - Simple Pleasures

By Sheila M Burke

Om Sweet Om, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It's the simple things we do or enjoy daily that help us find our Zen. Lazy Sundays, the cool side of the pillow, the aroma of fresh bakery, or giving someone hope. The little things that help you to relax and let all the stress slide off your shoulders. This book presents 150 examples of living the good life through appreciating all the little things we normally do not take notice of. Zen is not about never feeling sad, angry, joyful, or having fun; Zen is the understanding that by not clinging (or attaching) ourselves to these feelings, we can free ourselves from them and enjoy life to the fullest.

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