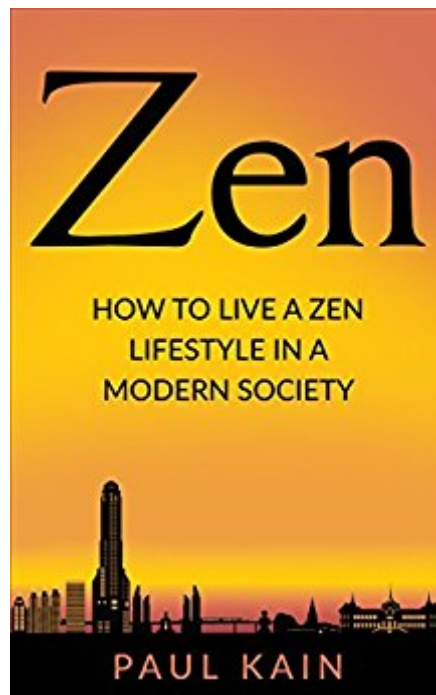




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Zen:How To Live A Zen Lifestyle In A Modern Society (Zen, Buddhism, Mindfulness, Yoga)



Synopsis

Are you happy? No, seriously, are you happy? When that alarm clock rings in the morning, do you dread starting your day, or are you excited to see what today brings? You see, the difference between those who are happy, and those who are not, comes down to one simple thing. Yourself. As cliché as it may be, and as many times as it may have been said, the truth remains, people who are happier with themselves, are happier in life. I would like you to think about the happiest person you know. Now, I would like you to ask yourself, why is that person so happy? Are they in love? Are they wealthy? Are they content, or do they strive for more? Happiness comes from many, many, different places. Happiness is also different for each and every one of us. What makes one person happy may or may not make another person happy, and do you know what? That's okay. That is important to remember as you read on. Finding your inner Zen is all about finding your own happiness, and not worrying so much about trying to make everyone else happy. After all, you can't make others happy, until you are happy with yourself. If you would like to wake up happy every morning, and learn how you can channel your own inner Zen, especially in today's society, please read on.

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Customer Reviews

I got this book because I was very curious about this so-called Zen and its relation to inner peace and serenity. This book is definitely one of the most informative books about the subject. The author explains all about Zen: the story behind it, how this philosophy was born and how this philosophy works; the modern lifestyle you can have with Zen. It's all about practical things you can do on a daily basis in order to improve your life! Definitely recommended!

I liked this book, but, sure thing, the hardest part is to take action. When you live in a modern society, have modern parents, friends, co-workers, etc, it is very likely you will have hard times bringing Zen lifestyle into your routine. People want to change the things, to influence, to be aggressive, to have drama in their life...However, the book is emphasizing everything is possible if you are certain about your intentions. Taking joy in small things: that's one of the first ideas I've started practicing, and I noticed how easy it is sometimes (why I did not do it before???) Playing with my daughter, I take a moment to look more attentively at her moves, how she touches my hand, the book, the toys, what she is saying, smiling. A small thing? Just a moment of life! But it is valuable to memorize it and to have in your heart. Otherwise, we may end up being unhappy, and that is not what we want. Many great ideas in this book and this is just a fraction. Advice I liked: find more good things in your life, and you will be happy!

This book teaches people on how to become peaceful and present in everything that we do. All the things that we need to do in order to have peace of mind are already included in this book. This book will help you connect with inner peace. To those who are just getting started to know Zen this book is just for you. Sometimes our mind needs to get some good rest away from all the stress and to all mind boggling problems. There are guides on this book that will help you to meditate and settle your mind and soul. Just don't rush the things on your mind to get lost, maybe you just need to guide your thoughts and learn to focus on the things that are helpful. This will really boost your meditation.

I used to think Zen is "okay" but after reading this book, I "love" it! I like the idea of thinking what you should and not of things that you shouldn't be thinking. Giving more importance on what you can and not on what you cannot. Thinking positively and how to handle moving on and all. Living in a Zen lifestyle will lessen our stress in this stressful world we live in. And with this book, you'll be able to learn how to live a Zen life in a simple but very informative way. You will be amazed on how this book can change your perspective in life. So better grab this book and you'll be very thankful after

following what is written in this book.

This book has enough data and ideas of zen clarified in a straightforward way to be useful for an apprentice like me. I never truly comprehended what precisely zen buddhism is or what it remains for. This book is a very effective guide for performing Zen meditation. If you still can't absorb what I'm telling you, then I suggest that it's best to read this book first. This will give all the readers the right and exact techniques and advices that one must learn in practicing meditation. I would incredibly recommend this book to anyone focusing on the zen way.

I'm not new in Zen I read before about Zen and i got this book to know more about it. This book will explain to more reasons why you need to stay glad and help you find your internal identity. it gave a profound clarification on how we can help ourselves see the positive qualities in everything. what's more, in the long run, just by taking after the means and exhortation gave here. Its is the inward bliss that numerous individuals say that its elusive. In any case, this book will open your brain and heart on how you will get this joy.

I will always love reading books about Zen and meditation. After reading this book, I knew that I am on the right path, since meditation has been one of my ways to relax. Zen life is also what I aim, to have less worry in life and to live my life to the fullest. There are a lot of tips and guides from this book, about having a simple life. And the best advice was living a life with having less. I always believed that minimalism or having less will make me worry less and spend less. It was a great read for me.

It makes a lot of sense that many of us can do without all the frills that we have in our lives and that we see as all important. By placing importance on those things, we tend to strive to work harder to earn more money and feed our insatiable appetite for things. However, this doesn't always lead to happiness and each person has to judge for themselves what makes up the middle road for them. As someone who has always been poor may find it in being able to pay the bills or being able to exist without struggle.

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