



## Zen: Beginner s Guide: Happy, Peaceful and Focused Lifestyle for Everyone (Paperback)

By Ian Tuhovsky

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Discover the Noble Teachings of Zen to Bring Peace Happiness to Your Everyday Life! \*\*MY GIFT TO YOU INSIDE: Link to download my 120-page e-book Mindfulness Based Stress and Anxiety Management Tools for free!\*\* Dear Friends, Contrary to popular belief, Zen is not a discipline reserved for monks practicing Kung Fu. Although there is some truth to this idea, Zen is a practice that is applicable, useful and pragmatic for anyone to study regardless of what religion you follow (or don t follow). Zen is the practice of studying your subconscious and seeing your true nature. The purpose of this work is to show you how to apply and utilize the teachings and essence of Zen in everyday life in the Western society. I m not really an absolute truth seeker unworldly type of person - I just believe in practical plans and blueprints that actually help in living a better life. Of course I will tell you about the origin of Zen and the traditional ways of practicing it, but I will also show you my side of...



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