



Zen: Beginner's Guide: Happy, Peaceful and Focused Lifestyle for Everyone (Positive Psychology Coaching Series) (Volume 7)

Ian Tuhovsky

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Discover the Noble Teachings of Zen to Bring Peace & Happiness to Your Everyday Life!

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 things, my personal point of view and translation of many Zen truths through a more "contemporary" and practical language.

It is a "modern Zen lifestyle" type of book.

I invite you to take this journey into the peaceful world of Zen Buddhism with me today!

In This Book You Will Read About:

- Where Did Zen Come From? - A short history and explanation of Zen
- What Does Zen Teach? - The major teachings and precepts of Zen
- Various Zen meditation techniques that are applicable and **practical for everyone**
- The **benefits** of a Zen lifestyle
- What Zen Buddhism is NOT?
- How to slow down and **start enjoying your life**
- How to accept everything and lose nothing
- Why being alone can be beneficial
- Why pleasure is **NOT** happiness
- Six Ways to Practically **Let Go**
- How to **de-clutter your life** and live simply
- "Mindfulness on Steroids"
- How to Take Care of your **Awareness and Focus**
- Where to start and how to **practice Zen as a regular person**
- And many other interesting concepts...

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Daryl Biddle:

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Reading a guide tends to be new life style on this era globalization. With looking at you can get a lot of information that could give you benefit in your life. With book everyone in this world may share their idea. Textbooks can also inspire a lot of people. A great deal of author can inspire all their reader with their story as well as their experience. Not only the storyline that share in the books. But also they write about the information about something that you need illustration. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors on earth always try to improve their ability in writing, they also doing some investigation before they write with their book. One of them is this Zen: Beginner's Guide: Happy, Peaceful and Focused Lifestyle for Everyone (Positive Psychology Coaching Series) (Volume 7).

Latonya Sams:

Why? Because this Zen: Beginner's Guide: Happy, Peaceful and Focused Lifestyle for Everyone (Positive Psychology Coaching Series) (Volume 7) is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will jolt you with the secret it inside. Reading this book beside it was fantastic author who also write the book in such wonderful way makes the content on the inside easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of gains than the other book get such as help improving your proficiency and your critical thinking method. So , still want to hold up having that book? If I have been you I will go to the publication store hurriedly.

Ruth Goodrich:

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