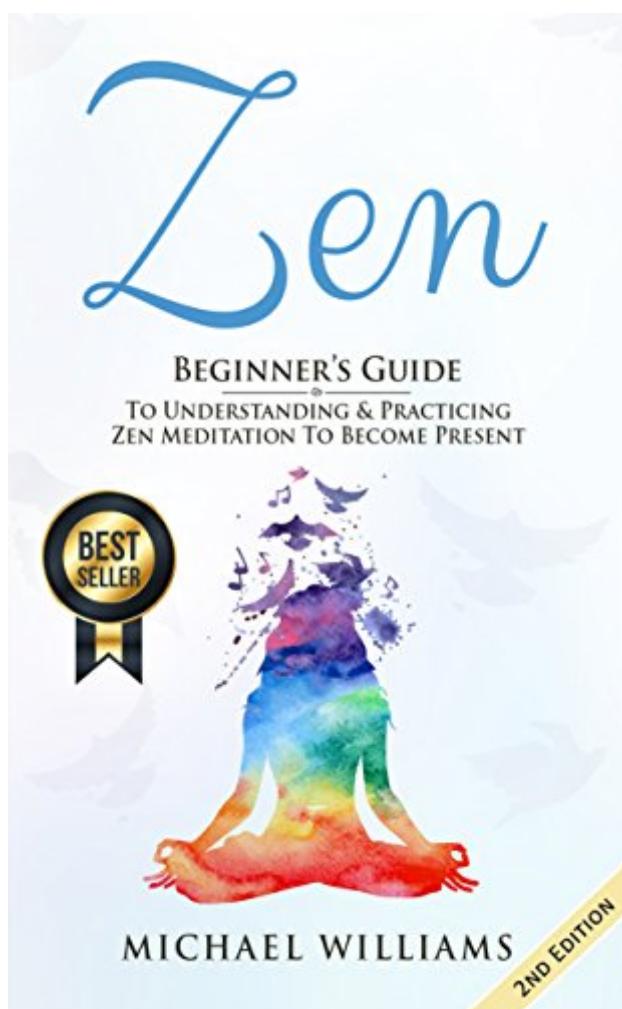


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# Zen: Beginner's Guide To Understanding & Practicing Zen Meditation To Become Present (Zen For Beginners, Zen Meditation, Zen Habits, Meditation For Beginners)





## Synopsis

Second Edition Now Available! "Man suffers only because he takes seriously what the gods made for fun." Alan W. Watts Free your mind from worry and begin living in the now. Unlock the power of Zen and transform yourself into a present, mindful individual. In life, there seems to be an endless list of reasons to worry: money, health, safety, success, well-being, the future, etc. While many of us worry about any number of things, the truth is that this worry actually interferes with our ability to remain in the present. When we start to confront these monetary or physical distractions we begin to make room for the simple joys around us. Through the Zen Philosophy, we can remove worry and become truly present--Free to enjoy our lives and experience true happiness. Introducing *Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present*, a comprehensive guide to the history of Zen and how its principles can be applied to help you live your best life. From the brilliant mind of Zen expert and meditation specialist Michael Williams, this book will illustrate the paths we can take to eliminate worry and achieve Zen. Here's what to expect in the guide: The history of Zen An explanation of Zen philosophy and its practices How to embrace the Zen state of mind The four noble truths of Zen philosophy The Eightfold Path to Zen The effects of suffering and how to overcome it Tools for accomplishing true zen How to maintain a positive attitude And much, much more! Achieving Zen is no easy task and requires daily dedication and mindful determination to practice its many forms. With the help of this guidebook, you'll be transformed into a more patient, present, cognizant person with much more room in your life for happiness and gratitude. If you're ready to make real, positive changes in your life, then you are already one step closer to achieving Zen. Start eliminating the clutter of an unhappy, fast-paced life today and grab your copy of *Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present*!

## Book Information

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## Customer Reviews

This book will help you learn and understand everything about Zen. From the history of Zen to understanding the fundamentals of effective practice. Living a peaceful can be achieved by effectively practicing Zen and this book is one way to do so. The author has done a wonderful job with this book and I am glad I read it.

Zen is a fun and enjoyable thing to learn! I find this book really interesting and IÃfÃ¢Ã ª ¬Ã ª,cm satisfied with everything that was written on the whole content. It has detailed and step by step guide for beginners who are just trying to start Zen habits. ItÃfÃ¢Ã ª ¬Ã ª,cs helpful and useful if you want to refresh your life and make it peaceful, this book will be a good way to achieve it. ItÃfÃ¢Ã ª ¬Ã ª,cs a wonderful book for everyone! A good read.

I'm doing meditation several months already and always improve myself. Meditation changed my life in better way. I like zen philosophy and recommend this book for beginners. I believe you'll like it and also could change your life.

I found this very interesting and helpful.

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