



365 Zen Quotes to Guide Your Life to Happiness and Inner Peace (Paperback)

By Jill Hesson

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.LIMITED-TIME BONUS: FREE Beginner s Guide to Meditation Zen for Beginners: 365 Quotes to Guide Your Life to Happiness and Inner Peace For a limited time only, get this Amazon bestseller for just \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device. The word Zen is one of the most popular words used to refer to a state of being at peace or being chill in the midst of many things that are going on in life. It s also one of the most misunderstood ones. Zen may be formally defined a type school or branch of Japanese meditation called Mahayana Buddhism, which highlights the importance of intuition and meditation. This book is about renewing your mind on a daily basis simply by meditating on one quote a day for the next 365 days - or one whole year. By meditating upon these quotes everyday, you can gradually change the way you think about life in general and about certain important things in particular. And when you change the way you think about life, you change the way you...

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