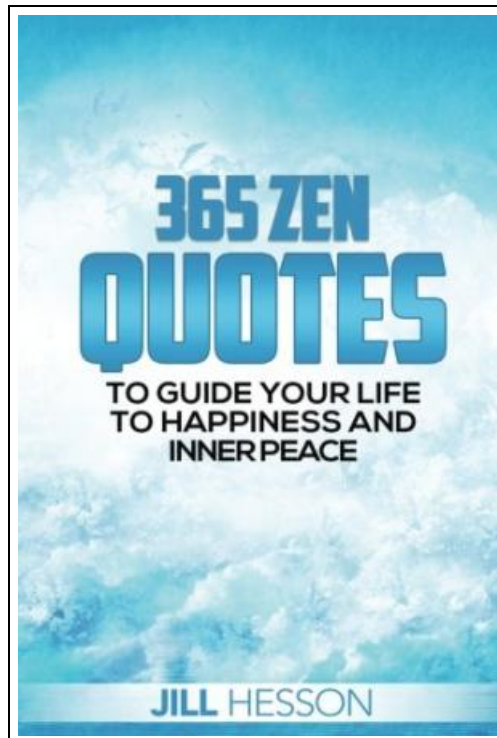


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.LIMITED-TIME BONUS: FREE Beginner s Guide to Meditation Zen for Beginners: 365 Quotes to Guide Your 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 feel about it. Only then can inner peace and happiness come to you. I have presented these quotes to you in 4 different stages, which I believe is important for helping you experience deep and lasting inner peace and happiness. These stages are mindfulness, acceptance, peace of mind, and happiness. Each stage has enough daily quotes to meditate and reflect on for 1 quarter or 3 months. The very first step towards changing your mind is to first be mindful of yourself and the world around you. Then you ll be able to start accepting life for what it is,...



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