

## 150 Ways to Get Your Zen on: Book 1 - Finding Your Happy Place (Paperback)



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**(Mr. Maximo Johns)**

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Om Sweet Om, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It s the simple things we do or enjoy daily that help us find our Zen. Belly laughs, the warmth of a sunrise, kindness, puppy kisses, or thick, fuzzy socks. The little things that help you to relax and let all the stress slide off your shoulders. This book provides 150 examples of simple thinking designed to help you find your happy place. Zen is not about never feeling sad, angry, joyful, or having fun; Zen is the understanding that by not clinging (or attaching) ourselves to these feelings, we can free ourselves from them and enjoy life to the fullest.



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