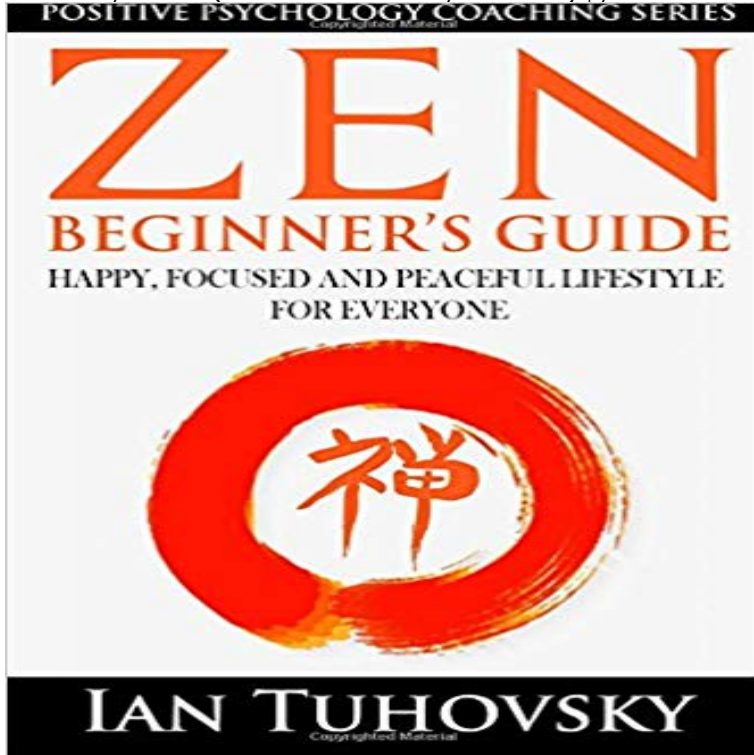


# Zen: Beginners Guide: Happy, Peaceful and Focused Lifestyle for Everyone (Positive Psychology Coaching Series) (Volume 7)



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 or 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 into 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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