



## Zen Unleashed Everyday Buddhist Wisdom from Mans Best Friend

By Tim Macejak

Beaver's Pond Press. Paperback. Condition: New. 136 pages. Dimensions: 7.1in. x 5.0in. x 0.4in. Sheila the Zen Dog encourages us -- Buddhists and non-Buddhists alike -- to find peace through letting go of attachments and learning to be in the moment. Whether pondering the merits of barking versus receiving tummy rubs, considering the similarities between police dogs and show dogs, or sharing secrets of doggie dreams, Sheila uses her natural dog wisdom, haiku poetry, and simple explanations to fetch and deliver a clear and useful summary of Zen Buddhist teachings. Often dubbed The Middle Path, Buddhism as explained by this Zen Dog offers guidance to anyone, regardless of breed. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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