



A Little Book on Finding Your Way: Zen and the Art of Doing Stuff (Paperback)

By Francis Richard Briers

Warriors of Love Publishing, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is a book about finding your path through life by practising something you really love with your whole heart and soul. In ancient Japan they had the Way of the sword, the Way of flower arranging, the Way archery, the Way of tea making. In the modern world why not have the Way of cake baking? Or The Way of accountancy? Making something a Way heightens it from being just something you do, to being a meditation practice and path of self development. This book sets out the principles for how to make anything you love doing into a Way.



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