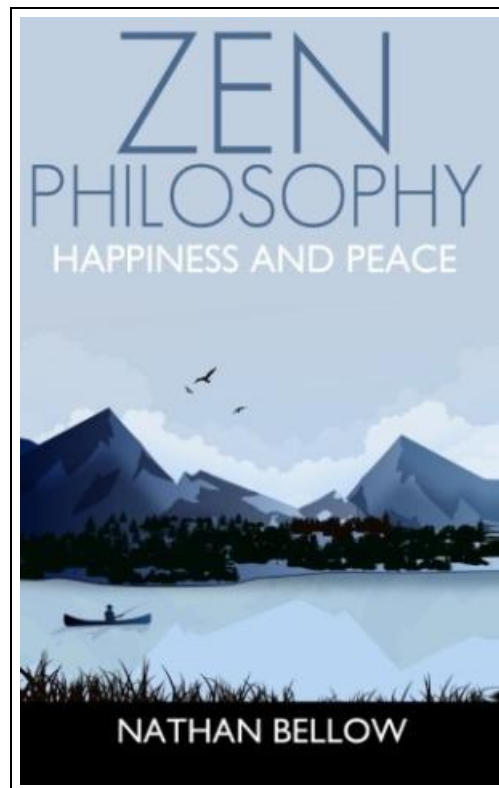


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Calming Techniques of the Zen Philosophy Can Alter Your View of the World With Zen Meditation techniques, you can begin to reduce your stressors, calm your interior anxiety, and find out your actual life purpose. This book asks you the question: do you know your life purpose? Are you rushing around, flying from job to job and task to task without any real understanding of what you re meant to be doing? Are you continually stressed out, overweight, and most likely depressed? If so, you must look to the ancient tradition of Zen philosophy for answers. The Indian Buddha master achieved enlightenment and was able to look beyond his racing thoughts and his worldly needs to understand his meaning of life. Learn his intricate techniques. Halt Your Sadness and Understand Your Life Goals The Zen philosophy affirms that you have a true purpose, an interior core that pulses with life and vitality. However, you ve lost this affirmation sometime in your life. Your actions no longer ripple with meaning and purpose. You re just trying to get by. However, with the Zen philosophy and its meditation techniques, you can reap the rewards of mental clarity. You can find inner peace and happiness. Maximize your Life and Reach Your Ultimate Potential This book contains many different meditational techniques and ancient Indian positions to fuel necessary interior wellness. Look to the step-by-step instructions to create a perfect mental space, and create the clarity of mind that will allow you to make informed future decisions that orient themselves with your life purpose. Bring yourself closer to both your self-actualized mission and your ultimate life passions. Don t waste another day floating.



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