



## Zen Buddhism: How Zen Buddhism Can Create a Life of Peace, Happiness and Inspiration (Paperback)

By Sara Elliott Price

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Zen Buddhism Can Give You More Peace, Focus And Happiness Than You Ever Thought Possible! Have you ever wondered about the meaning of life, felt lost and confused, or simply felt depressed and cynical about how crazy the world has become? Perhaps you want to know how to always feel peace in your heart or learn to live a highly focused life that can create an abundance of happiness? A lot of people face such questions at least once in their life, and Zen Buddhism is a great way to find guidance. To answer these questions people have wandered into religion, philosophy, and spirituality. There are thousands of different traditions in the world, that all try to answer these same basic questions that have haunted human beings for thousands of years. Zen Buddhism is one out of the many spiritual ways of looking at life, but it is unique among the rest as it doesn't try to directly answer these questions. Zen Focuses On Mindfulness And Experiencing True Enlightenment. It says that logic and...



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