

ZEN: ZEN for Beginners: A Step by Step Guide to Achieving a Stress-Free Life and Finding Happiness with ZEN Buddhism (Buddhism, Mindfulness, Zen Buddhism, Zen Meditation)

Reiju Gensho

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START TODAY: Live Today Like It's Your Last

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What You Will Learn

- What is Zen?
- The Importance of Zazen
- Concepts of Zen
- How to Live Life the Zen Way
- Benefits of a Zen Lifestyle

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