

Zen In The Art Of Archery

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Zen in the Art of Archery Penguin Books, Limited (UK)

The path to achieving Zen (a balance between the body and the mind) is brilliantly explained by Professor Eugen Herrigel in this timeless account. This book is the result of the author's six year quest to learn archery in the hands of Japanese Zen masters. It is an honest account of one man's journey to complete abandonment of 'the self' and the Western principles that we use to define

ourselves. Professor Herrigel imparts knowledge from his experiences and guides the reader through physical and spiritual lessons in a clear and insightful way. Mastering archery is not the key to achieving Zen, and this is not a practical guide to archery. It is more a guide to Zen principles and learning and perfect for practitioners and non-practitioners alike.

Zen and the Art of Happiness *Manjul Publishing*

Cutting-edge science and spirituality tell us that what we believe, think and feel actually determine the makeup of our body at the cellular level. In Zen and the Art of Happiness, you will learn how to think and feel so that what you think and feel creates happiness and vibrancy in your life rather than gloominess or depression. You'll learn how to adapt to life's inevitable changes, how to deal with stress in a healthy way and how to nurture a mindful happiness in your daily life. Most importantly, the gentle wisdom of Zen and the Art of Happiness will show you how to invite magnificent experiences into your life and create a personal philosophy that will sustain you through anything. A timeless work about the art of happiness, the way of happiness, the inner game of happiness.

Zen in the Art of Writing

Eleven essays discuss the joy of writing, the writing process, inspiration, creativity, and the circumstances surrounding the writing of several of his works

Zen in the Art of Writing *Voyager*

CREATIVE WRITING & CREATIVE WRITING GUIDES. In this exuberant book, the incomparable Ray Bradbury shares the wisdom, experience, and excitement of a lifetime of writing. The first thing a writer should be is - excited Author of the iconic FAHRENHEIT 451, THE ILLUSTRATED MAN and THE MARTIAN CHRONICLES, Ray Bradbury is one of the greatest writers of the twentieth century. Part memoir, part masterclass, ZEN IN THE ART OF WRITING offers a vivid and exuberant insight into the craft of writing. Bradbury reveals how writers can each find their own unique path to developing their voice and style. ZEN IN THE ART OF WRITING offers a celebration of the act of writing that will delight, impassion, and inspire.

The Zen Art Book

The Art of Enlightenment *Shambhala Publications*

Collects 40 famous examples of brush painting and calligraphy that demonstrate Buddhist applications of instructive art, complementing each piece with decoding information and Dharma commentary. Original.

Zen and the Art of Faking It *Scholastic Inc.*

From masterfully funny and poignant Jordan Sonnenblick, a story that will have everyone searching for their inner Zen. Meet San Lee, a (sort of) innocent teenager, who moves against his will to a new town. Things get interesting when he (sort of) invents a new past for himself, which makes him incredibly popular. In fact, his whole school starts to (sort of) worship him, just because he (sort of) accidentally gave the impression that he's a reincarnated mystic. When things start to unravel, San needs to find some real wisdom in a hurry. Can he patch things up with his family, save himself from bodily harm, stop being an outcast, and maybe even get the girl?

Zen and the Art of Motorcycle Maintenance

An Inquiry into Values *Harper Collins*

"The real cycle you're working on is a cycle called 'yourself.'" One of the most important and influential books of the past half-century, Robert M. Pirsig's Zen and the Art of Motorcycle Maintenance is a powerful, moving, and penetrating examination of how we live and a meditation on how to live better. The narrative of a father on a summer motorcycle trip across America's Northwest with his young son, it becomes a profound personal and philosophical odyssey into life's fundamental questions. A true modern classic, it remains at once touching and transcendent, resonant with the myriad confusions of existence and the small, essential triumphs that propel us forward.

Zen and the Art of Making a Living

A Practical Guide to Creative Career Design *Penguin*

The most innovative, unconventional, and profoundly practical career guide available--newly revised and updated With today's economic uncertainties, millions of Americans realize they must seize control over their own career paths. They want work that not only pays the bills but also allows them to pursue their real passions. In this revised edition, Laurence Boldt updates and revises his revolutionary guide to meet the challenges of the twenty-first century workplace. The first part of this book helps readers to identify the work that they really want to do, while the second provides practical, active steps to finding or creating that work. Zen and the Art of Making a Living goes beyond inspiration, providing a proven formula for bringing creativity, dignity, and meaning to every aspect of the work experience.

Zen and the Art of Motorcycle Maintenance

An Inquiry Into Values *Random House*

This narration of a summer motorcycle trip undertaken by a father and his son becomes a text which speaks directly to the confusions and agonies of existence, detailing a personal, philosophical odyssey.

Guidebook to Zen and the Art of Motorcycle Maintenance *Harper Collins*

When Robert Pirsig's Zen and the Art of Motorcycle Maintenance was first published in 1974, it caused a literary sensation. An entire generation was profoundly affected by the story of the narrator, his son, Chris, and their month-long motorcycle odyssey from Minnesota to California. A combination of philosophical speculation and psychological tension, the book is a complex story of relationships, values, madness, and, eventually, enlightenment. Ron Di Santo and Tom Steele have spent years investigating the background and underlying symbolism of Pirsig's work. Together, and with the approval of Robert Pirsig, they have written a fascinating reference/companion to the original. Guidebook to Zen and the Art of Motorcycle Maintenance serves as a metaphorical backpack of supplies for the reader's journey through the original work. With the background material, insights, and perspectives the authors provide, Guidebook to Zen and the Art of Motorcycle Maintenance is destined to become required reading for new fans of the book as well as those who have returned to it over the years.

Zen and the Art of Recording *Hal Leonard Corporation*

(Book). A unique take on the art of recording by a renowned music producer and mixer, this third book in Mixerman's popular Zen and the Art of series breaks down good recording practices from a source-centric position. Written with the musician or recordist in mind, Mixerman walks readers through the recording process, elaborating on various micing techniques and revealing many studio secrets. This guide also features instructional videos with full audio fidelity to provide both visual and audible demonstrations to the reader. With an engaging narrative infused with Mixerman's inimitable style, Zen and the Art of Recording is like no other recording book ever written.

Zen and the Art of Stand-up Comedy *Taylor & Francis*

An insider's look that explains stand-up comedy. How to get ideas, and write jokes, how to take the stage and master delivery and timing and how to market yourself.

Zen and the Art of Poker

Timeless Secrets to Transform Your Game *Penguin*

Inside the intriguing world of poker lies a fascinating exercise in strategy and extreme concentration--many of the same principles that underpin the one-thousand-year-old philosophy of Zen spirituality. Zen and the Art of Poker is the first book to apply Zen theories to America's most popular card game, presenting tips that readers can use to enhance their game. Among the more than one hundred rules that comprise this book, readers will learn to:* Make peace with folding* Use inaction as a weapon* Make patience a central pillar of their strategy* Pick their times of confrontationUsing a concise and spare style, in the tradition of Zen practices and rituals, Zen and the Art of Poker traces a parallel track connecting the two disciplines by giving comments and inspirational examples from the ancient Zen masters to the poker masters of today.

Zen: the Art of Simple Living *Michael Joseph*

Relax and find happiness amid the swirl of the modern world with this internationally bestselling guide to simplifying your life by a Japanese monk who embodies the wisdom of Zen. Drawing on centuries of wisdom, renowned Zen Buddhist priest Shunmyo Masuno applies the essence of Zen to modern life in clear, practical, easily adopted lessons--one a day for 100 days. Discover how: * lining up your shoes after you take them off can bring order to your life * putting down your fork after every bite can help you feel more grateful for what you have * spending time barefoot can strengthen your body * planting a flower and watching it grow can teach you to embrace change * going outside to watch the sunset can make every day feel celebratory. In Zen: The Art of Simple Living, you will learn to find happiness not by seeking out extraordinary experiences but by making small changes--to what you do, how you think, how you interact with others, and how you appreciate the present moment. With each task, you will open yourself up to a renewed sense of peace and inner calm.

Zen and the Art of Mixing *Hal Leonard Corporation*

(Technical Reference). In his first book, The Daily Adventures of Mixerman , the author detailed the frustrating and often hilarious goings on during the process of recording a major-label band. Musicians, engineers, and producers laughed and cried at the crazy goings-on they'd never imagined or recognized all too well. Now Mixerman turns his razor-sharp gaze to the art of mixing and gives followers and the uninitiated reason to hope if not for logic and civility in the recording studio then at least for a good sounding record. With a firm commitment to art over technology and to maintaining a grasp of each, Mixerman outlines his own approach to recording success, based on his years mixing records in all genres of music for all kinds of artists, often under trying circumstances. As he states in his introduction to the new volume, "Even if you're not a professional mixer, even if you're a musician trying to mix your own work or a studio owner in a smaller market, you have your own set of pressures to deal with while you're mixing. Regardless of what those pressures are, it's important to identify and recognize them, if for no other reason than so you can learn to completely ignore them." But how? "That's where the Zen comes in."

Zen and the Art of Public School Teaching

Zen and the Art of Running

The Path to Making Peace with Your Pace *Simon and Schuster*

Draws on Zen philosophies to counsel runners on how to achieve better results by aligning the body and mind for success, providing case testimonials while providing coverage of topics ranging from staying committed and training mindfully to visualizing goals and accepting limitations. Original.

Being Black

Zen and the Art of Living with Fearlessness and Grace *Penguin*

"Honest, courageous... Williams has committed an act of love."—Alice Walker "A classic."—Jack Kornfield There truly is an art to being here in this world, and like any art, it can be mastered. In this elegant, practical book, Angel Kyodo Williams combines the universal wisdom of Buddhism with an inspirational call for self-acceptance and community empowerment. Written by a woman who grew up facing the challenges that confront African-Americans every day, Being Black teaches us how a "warrior spirit" of truth and responsibility can be developed into the foundation for real happiness and personal transformation. With her eloquent, hip, and honest perspective, Williams—a Zen priest, social activist, and entrepreneur—shares personal stories, time-tested teachings, and simple guidelines that invite readers of all faiths to step into the freedom of a life lived with fearlessness and grace.

Zen in the Art of Helping *Routledge*

A succinct, uncompromising study of what it means to help other people, this book, first published in 1978, examines the helping process in the light of the principles of Zen Buddhism. Emphasizing the Zen precepts of true compassion, newness and Taoistic change, it explains how a helper can break down the artificial barriers that serve to separate people and hinder the helping process. As the teachings of Zen demonstrate, real compassion involves a selflessness and respect that can bring helper and helped together.

Zen and the Art of Saving the Planet *HarperCollins*

"When you wake up and you see that the Earth is not just the environment, the Earth is us, you touch the nature of interbeing. And at that moment you can have real communication with the Earth... We have to wake up together. And if we wake up together, then we have a chance. Our way of living our life and planning our future has led us into this situation. And now we need to look deeply to find a way out, not only as individuals, but as a collective, a species." -- Thich Nhat Hanh We face a potent intersection of crises: ecological destruction, rising inequality, racial injustice, and

the lasting impacts of a devastating pandemic. The situation is beyond urgent. To face these challenges, we need to find ways to strengthen our clarity, compassion, and courage to act. Beloved Zen Master Thich Nhat Hanh is blazingly clear: there’s one thing we all have the power to change, which can make all the difference, and that is our mind. Our way of looking, seeing, and thinking determines every choice we make, the everyday actions we take or avoid, how we relate to those we love or oppose, and how we react in a crisis. Mindfulness and the radical insights of Zen meditation can give us the strength and clarity we need to help create a regenerative world in which all life is respected. Filled with Thich Nhat Hanh’s inspiring meditations, Zen stories and experiences from his own activism, as well as commentary from Sister True Dedication, one of his students Zen and the Art of Saving the Planet shows us a new way of seeing and living that can bring healing and harmony to ourselves, our relationships, and the Earth.

Zen And The Art Of Knitting

Exploring the Links Between Knitting, Spirituality, and Creativity *Adams Media*

This volume uses knitting as a metaphor to discuss the unity of all life and the spirituality involved in all endeavours carried out with mindfulness.

Zen and the Art of Falling in Love *Simon and Schuster*

Explains how to apply Zen principles to create and maintain loving relationships, outlining thirteen essential practices that offer advice on how to overcome such challenges as miscommunication, insecurity, and jealousy. Reprint. 25,000 first printing.

Zen and the Art of Disc Golf *CreateSpace*

“The one book every disc golfer needs... If you only pick up one book on this list, make it this one... This is one of those books that will end up with highlighter and notes all over it as you read it again and again.” – Mind Body Disc Golf Reading List (MindBodyDisc.com) “It is a cool book to motivate and inspire you, speaking in terms that Disc Golfers can understand. Definitely check this book out.” – Bobby Brown AKA Cool Daddy Slick Breeze (The Disc Golf Answer Man Podcast) “Zen and the Art of Disc Golf is a perfect read anytime of the year to help your disc golf game...It's safe to say that you'll take something away from it and in the end, you'll take steps to being a better disc golfer with the knowledge you'll gain.” – Zach Parcell (All Things Disc Golf) Disc Golf is more than a game, Patrick D. McCormick carefully argues, it can be a window that shows us how we interact with the world. The way we play is the way we live. This book is about the sport of Disc Golf, but it also is about so much more than throwing a disc at a basket. For the passionate practitioner, Disc Golf becomes a meditation, and practicing not only has the potential to make us better players, but better people as we begin to focus on what we are doing on the course that is working or not working versus what we are doing at home or in the office. "Zen and the Art of Disc Golf" is about becoming the best players we can be and in turn becoming the best possible version of ourselves through cultivation of attitude, focus, determination, and mental strength. It is about mastering the mind, body, and spirit in such a way that we score better and live better. Inside this book you will learn: -What Disc Golf can teach us about life and success -The secret formula for success on and off the course. -How to create the proper attitude and focus to become better Disc Golfers and in turn live better lives. -How visualization improves our game and our lives. -Who you need to be playing with on the course. - How to hit more chains and less trees. -How to take yourself off autopilot and elevate your scores and your game. -The 3 sides of Disc Golf and how to balance them. Most importantly, after reading this book you will walk away ready to Ace holes and Ace life. Disc Golf is life. Life is good.

Zen in the Art of Painting *Taylor & Francis*

The Art of Simple Living

100 Daily Practices from a Japanese Zen Monk for a Lifetime of Calm and Joy *Penguin*

"Does for mental clutter what Marie Kondo has done for household clutter." --Publishers Weekly Relax and find happiness amid the swirl of the modern world with this internationally bestselling guide to simplifying your life by the renowned Zen Buddhist author of Don't Worry. In clear, practical, easily adopted lessons--one a day for 100 days--renowned Buddhist monk Shunmyo Masuno draws on centuries of wisdom to teach you to Zen your life. Discover how . . . • Lesson #4: lining up your shoes after you take them off can bring order to your mind; • Lesson #11: putting down your fork after every bite can help you feel more grateful for what you have; • Lesson #18: immersing yourself in zazen can sweep the clutter from your mind; • Lesson #23: joining your hands together in gassho can soothe irritation and conflict; • Lesson #27: going outside to watch the sunset can make every day feel celebratory; • Lesson #42: planting a flower and watching it grow can teach you to embrace change; • Lesson #67: understanding the concept of ichi-go ichi-e can make everyday interactions more meaningful; • Lesson #85: practicing chisoku can help you feel more fulfilled. A minimalist line drawing appears opposite each lesson on an otherwise blank page, giving you an opportunity to relax with a deep breath between lessons. With each daily practice, you will learn to find happiness not by seeking out extraordinary experiences but by making small changes to your life, opening yourself up to a renewed sense of peace and inner calm. A PENGUIN LIFE TITLE

Zen and the Art of Travel *Sourcebooks Incorporated*

Zen is a spiritual journey that can transform and enrich our lives. Many of the great Zen masters were themselves world travelers, starting with Bodhidharma, who brought Zen from India to China in the sixth century. Divided into eight meditations, writer Eric Chaline examines how a deeper understanding of the Zen way of life can enrich every journey one takes, from a simple country ramble to an epic journey across the world.

Throwing the Elephant

Zen and the Art of Managing Up *HarperBusiness*

Sit down. Breathe deep. This is the last business book you will ever need. For in these pages, Stanley Bing solves the ultimate problem of your working life: How to manage the boss. The technique is simple . . . as simple as throwing an elephant. All it takes is the proper state of mind, a step-by-step plan, and a great leap of faith. This humble guide provides all these and more. It is Zen that enables one to take an object of enormous weight and size and mold it in one's grasp like a ball of Silly Putty. For senior management, in truth, is the silliest putty of them all. This comprehensive course walks budding business bodhisattvas through basic skills needed to provide the simple elephant handling that makes everyday life possible, including but not limited to the primary task of following along after the elephant with a little broom and dustpan. Serious students will then move to intermediate steps, from Polishing the Elephant's Tusks to Hiding from the Elephant When It Has Been Drinking and Feels Quite Nasty. Beyond this level lies the land of the practiced Zen masters, culminating in

the ability to leverage and then throw the now-weightless elephant--and even play catch with it at corporate retreats. If What Would Machiavelli Would Do? was the meanest business book since the Renaissance, Throwing the Elephant provides the yang to that yin. Because sometimes you've got to be selfless, compassionate, and completely empty to get the job done. Stanley Bing is a columnist for Fortune magazine and the author of What Would Machiavelli Do? and Lloyd: What Happened, a novel. By day, he works for a gigantic multinational conglomerate whose identity is one of the worst-kept secrets in business.

Art of Zen *Harry N. Abrams*

Brings together the artistic achievements of Japanese monks, from calligraphic poems to abstract paintings to often humorous portraits of the Zen patriarch, many published for the first time, and explains their foundation in Zen philosophy. Reprint. NYT.

Zen and the Art of Calligraphy

The Essence of Sho *Routledge*

Shodo

The Quiet Art of Japanese Zen Calligraphy *Tuttle Publishing*

In this beautiful and extraordinary zen calligraphy book, Shozo Sato, an internationally recognized master of traditional Zen arts, teaches the art of Japanese calligraphy through the power and wisdom of Zen poetry. Single-line Zen Buddhist koan aphorisms, or zengo, are one of the most common subjects for the traditional Japanese brush calligraphy known as shodo. Regarded as one of the key disciplines in fostering the focused, meditative state of mind so essential to Zen, shodo calligraphy is practiced regularly by all students of Zen Buddhism in Japan. After providing a brief history of Japanese calligraphy and its close relationship with the teachings of Zen Buddhism, Sato explains the basic supplies and fundamental brushstroke skills that you'll need. He goes on to present thirty zengo, each featuring: An example by a skilled Zen monk or master calligrapher An explanation of the individual characters and the Zen koan as a whole Step-by-step instructions on how to paint the phrase in a number of styles (Kaisho, Gyosho, Soshō) A stunning volume on the intersection of Japanese aesthetics and Zen Buddhist thought, Shodo: The Quiet Art of Japanese Zen Calligraphy guides beginning and advanced students alike to a deeper understanding of the unique brush painting art form of shodo calligraphy. Shodo calligraphy topics include: The Art of Kanji The Four Treasures of Shodo Ideogram Zengo Students of Shodo

Zen and the Art of Insight *Shambhala Publications*

Collects key selections from Prajnaparamita literature to explore Zen Buddhism's answer to the question "How do you know?"

Zen and the Art of Playing Tennis *Bibliotheka Edizioni*

Zen and the Art of Playing tennis is one of the first book that have analyzed the mental and psychological aspect of the game of tennis. The purpose of the book is to fill the great vacuum still existing about the mental and psychological side of the game of tennis; even today, when almost everybody is recognizing it's importance, very few people know what to do to solve the problem. This book it's of great help, for the tennis players of all levels, to understand why the mind and the emotions are interfering so much with our natural capacities to play tennis and explain how to neutralize these negative influences and how to play our best tennis, even under pressure and in the most difficult situations. It proposes also all the techniques and exercises to help to improve the mental and psychological side of the game of tennis, that until now has so negatively influenced our performances and prevented us from expressing totally and freely our thecnicaland physical abilities. Zen and the Art of Playing Tennis was first published in Italy where has been selling over 20.000 copies and it's still selling and it's appreciated by many tennis players and tennis teachers and coaches.

The Zen of Creativity

Cultivating Your Artistic Life *Ballantine Books*

For many of us, the return of Zen conjures up images of rock gardens and gently flowing waterfalls. We think of mindfulness and meditation, immersion in a state of being where meaning is found through simplicity. Zen lore has been absorbed by Western practitioners and pop culture alike, yet there is a specific area of this ancient tradition that hasn’t been fully explored in the West. Now, in The Zen of Creativity, American Zen master John Daido Loori presents a book that taps the principles of the Zen arts and aesthetic as a means to unlock creativity and find freedom in the various dimensions of our existence. Loori dissolves the barriers between art and spirituality, opening up the possibility of meeting life with spontaneity, grace, and peace. Zen Buddhism is steeped in the arts. In spiritual ways, calligraphy, poetry, painting, the tea ceremony, and flower arranging can point us toward our essential, boundless nature. Brilliantly interpreting the teachings of the artless arts, Loori illuminates various elements that awaken our creativity, among them still point, the center of each moment that focuses on the tranquility within; simplicity, in which the creative process is uncluttered and unlimited, like a cloudless sky; spontaneity, a way to navigate through life without preconceptions, with a freshness in which everything becomes new; mystery, a sense of trust in the unknown; creative feedback, the systematic use of an audience to receive noncritical input about our art; art koans, exercises based on paradoxical questions that can be resolved only through artistic expression. Loori shows how these elements interpenetrate and function not only in art, but in all our endeavors. Beautifully illustrated and punctuated with poems and reflections from Loori’s own spiritual journey, The Zen of Creativity presents a multilayered, bottomless source of insight into our creativity. Appealing equally to spiritual seekers, artists, and veteran Buddhist practitioners, this book is perfect for those wishing to discover new means of self-awareness and expression—and to restore equanimity and freedom amid the vicissitudes of our lives.

Zen and the Art of Vampires

A Dark Ones Novel *Penguin*

Is it possible to love two vampires at the same time? View our feature on Katie MacAlister’s Zen and the Art of Vampires. Pushing forty and alone, Pia Thomason heads to Europe on a singles tour, hoping to find romance. What she finds are two very handsome, very mysterious, and very undead men. And she learns that where vampires are concerned, love isn’t the only thing at stake.

Zen and the Art of Mediation

With a cast of characters that includes a fat cat, seventeen camels, and a man with 83 problems,

and drawing inspiration from quantum physics, research on risk aversion and modern linguistic theory, this book is essential reading for mediators, mediation advocates and negotiators.

The Zen of Seeing

Seeing/drawing as Meditation *Vintage*

A Dutch artist offers his concept of seeing and drawing as a discipline by which the world may be rediscovered, a way of experiencing Zen.

Zen in the Art of Rhetoric

An Inquiry into Coherence *SUNY Press*

Explores relationships between classical and contemporary approaches to rhetoric and their connection to the underlying assumptions at work in Zen Buddhism.

Zen in the Art of Permaculture Design

How to use permaculture design as a catalyst for a shift of perception about our place in the world Do you wish to creatively engage with the wickedly complex problems of today, while not adding to the mess? Do you want to consciously act with clarity and grace whilst living on a thriving planet? Do you want a fair society, where people care for each other, their children and grandchildren? Stefan Geyer shows how permaculture, infused by insights from the Zen tradition, can be a modern means to liberation from our society's present woes. Permaculture is a new regenerative culture, and permaculture design is the method to get there, offering emancipation and emboldening us to think in joyfully expansive, daringly experimental, and creatively caring new ways. Each page of this pocket-sized book of quiet lightning and gentle earthquakes presents a permaculture idea or theme as a catalyst for creative thought. Together they articulate a process of awakening that can help us become intimately aware of how nature works. As we become more sensitive to our place within the

natural world, we see our own nature within it.

Zen and the Art of Producing *Hal Leonard*

(Book). Here, in a replica of a recently exhumed tome (discovered in reverb chamber #4 beneath the Capitol Studios lot), we present to you the companion book to Mixerman's popular Zen and the Art of Mixing . Providing valuable insights for both neophyte and veteran alike, Mixerman reveals all that goes into the most coveted job in record-making producing. In his signature style, Mixerman provides us a comprehensive blueprint for all that the job entails from the organizational discipline needed to run a successful recording session, to the visionary leadership required to inspire great performances. This enhanced multimedia edition brings producers deeper into the concepts covered in the text. In over an hour's worth of supplemental video clips, Mixerman gives added insight into the various aspects of producing, from choosing songs and deciding on arrangements to managing production budgets. As Mixerman points out, "It doesn't matter if you're producing a country album or a hard-rock album: the goal is to communicate communicate with the audience in a manner they understand."

Zen and the Art of Housekeeping

The Path to Finding Meaning in Your Cleaning *Simon and Schuster*

Wash the dishes, do the laundry, mop the floors, scrub the toilets, make the beds, vacuum the rugs...the list goes on and on, with little time to stop, breathe, and take in your beautiful surroundings. Now you can. Learn to be at peace and attain enlightenment while doing all the “little” things around the house. Your floors and counters will shine as you become one with your home and gain an elevated sense of being. Zen and the Art of Housekeeping challenges you to put more than elbow grease into your daily routine. You’ll learn how to spirit yourself away during mundane chores as you muse over thought-provoking Zen koans like: If the kitchen is the heart of the home, what is the heart of the kitchen? What is the color of clean? If the purpose of cleaning is to remove dirt, what is the purpose of dirt? What fills empty spaces? Whose footprints are on your floor? With Zen and the Art of Housekeeping, you’ll scrub your way to enlightenment—and a spotless sink.