



The Complete Idiot's Guide to Zen Living, 2nd Edition

By Gary R. McClain, Eve Adamson

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The Complete Idiot's Guide to Zen Living, 2nd Edition By Gary R. McClain, Eve Adamson

An updated and revised guide to enlightening up!

Presenting innovative ideas on incorporating Zen thinking and action into even the most Western lifestyle, this book focuses on living Zen in a post-9/11 world. It also offers updated information on meditation and its many benefits and new exercises for families to promote Zen living at home, as well as new exercises to help readers combat their dissatisfaction with life and unfulfilled desires.

- Revised to focus on living Zen in an increasingly complex and panicked world
- New anecdotes that translate Zen philosophy into the “here and now”

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Bibliography

- Sales Rank: #75595 in Books
- Published on: 2004-10-05
- Released on: 2004-10-05
- Original language: English
- Number of items: 1
- Dimensions: 9.15" h x .84" w x 7.37" l, 1.20 pounds
- Binding: Paperback
- 368 pages

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Editorial Review

From the Back Cover

As an adult who leads a busy life, you have to deal with the stresses of home, work, and family. The Buddhist idea of Zen seeks to help you reduce stress so that you can remain calm when conflicts arise. This book begins with the basics, telling you what Zen is and how you can use it to deal with the situations that come up in your fast-paced life.

About the Author

Gary R. McClain, Ph.D., is the co-author of **The Complete Idiot's Guide to Breaking Bad Habits** and **The Complete Idiot's Guide to Zen Living**. He is a counselor who brings 25 years of experience as a psychologist, educator, and business professional into incorporating the wellness benefits of holistic practices into a Western lifestyle.

Eve Adamson is a veteran pet writer with hundreds of published articles and is contributing editor to **Dog Fancy**. She is also co-author of several books including **The Complete Idiot's Guide to Yoga Illustrated**, **The Complete Idiot's Guide to Meditation**, and **Empowering Your Life with Joy**.

Users Review

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Christine McClellan:

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