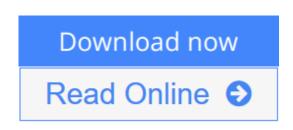


# Zen and the Art of Housekeeping: The Path to Finding Meaning in Your Cleaning

By Lauren Cassel Brownell



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Teaches novice moppers how to find peace while dealing with dust and dirt. This book challenges readers to put more than elbow grease into their daily routine.

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## Zen and the Art of Housekeeping: The Path to Finding Meaning in Your Cleaning By Lauren Cassel Brownell Bibliography

- Sales Rank: #1499049 in Books
- Published on: 2008-03-01
- Released on: 2008-03-01
- Original language: English
- Number of items: 1
- Dimensions: 7.50" h x .51" w x 5.50" l, .52 pounds
- Binding: Paperback
- 224 pages

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## **Editorial Review**

#### About the Author

Lauren Cassel Brownell (Lubbock, TX) is a graduate of the University of Texas, and has served in advertising and marketing positions at newspapers across the country. Once marriage and motherhood became her top priorities, she perfected her Zen style of house maintenance as a home-based freelance writer and consultant.

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