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Zen in the Garden: Finding Peace and Healing Through Nature (Paperback)

By Tracy J Thomas

Big Moose Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A simple, inspirational book that encourages the practice of mindfulness while in nature to help you find peace, healing, and happiness. This transformational guide encourages spiritual awareness and helps the reader to open their eyes to the beauty in their surroundings. Do you desire a quiet moment in this noisy world? If you answered yes, then this motivational book based on Zen philosophy will help you to practice mindfulness and promote a sense of peace, healing, and happiness even if you have never practiced Buddhism. Regardless of your spiritual beliefs, we all need time to be quiet and clear our minds from the noise pollution of this fast-paced world in which we live. There are days when peace seems unattainable and stress rules every second of our days. The accumulation of stress has negative consequences on our physical, spiritual, and mental health. Zen in the Garden will help you to slow down and begin to see those beautiful little moments in your surrounding environment. You don't need to go off on some long journey to find your guru in a...



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