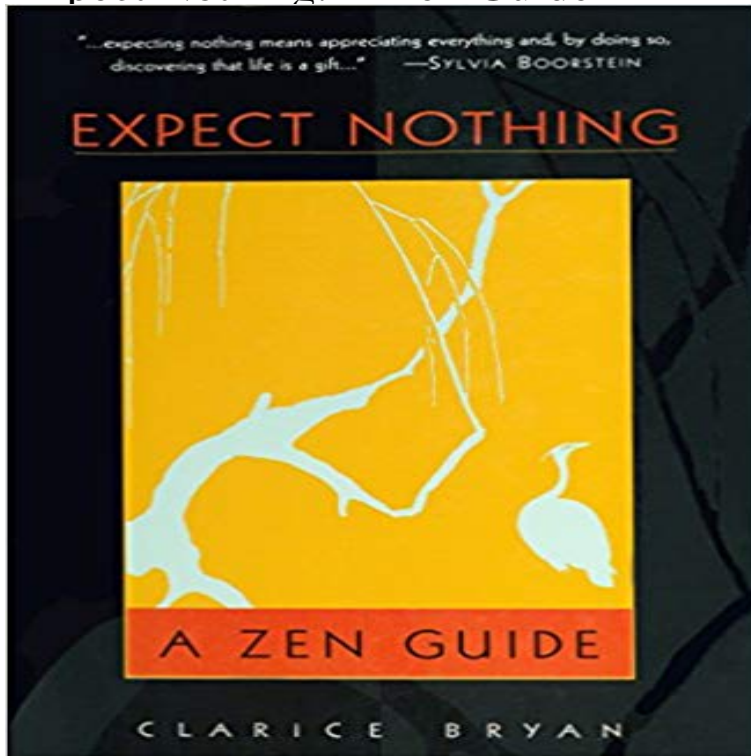


## Expect Nothing: A Zen Guide



Expect Nothing is a lighthearted and insightful guide to Zen buddhism and mindfulness. Using down-to-earth, conversational autobiographical anecdotes, witness pieces, and inspirational quotes, Clarice Bryan pays tribute to the myriad teachers who have graced her days. These teachers range from a mentally ill relative who moves in with her and teaches her that her way of living is not the way of living, to cats as they sit resting on her manuscript pages, illuminating their inherent Buddha nature. From gender stereotypes to the ever-hungry monster of consumerism, Bryan puts our post-modern life into perspective with humor, elegance, and quiet wisdom. Each chapter opens with an evocative ink sketch by the author that further guides us to miracles through the invaluable practice of mindfulness.

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