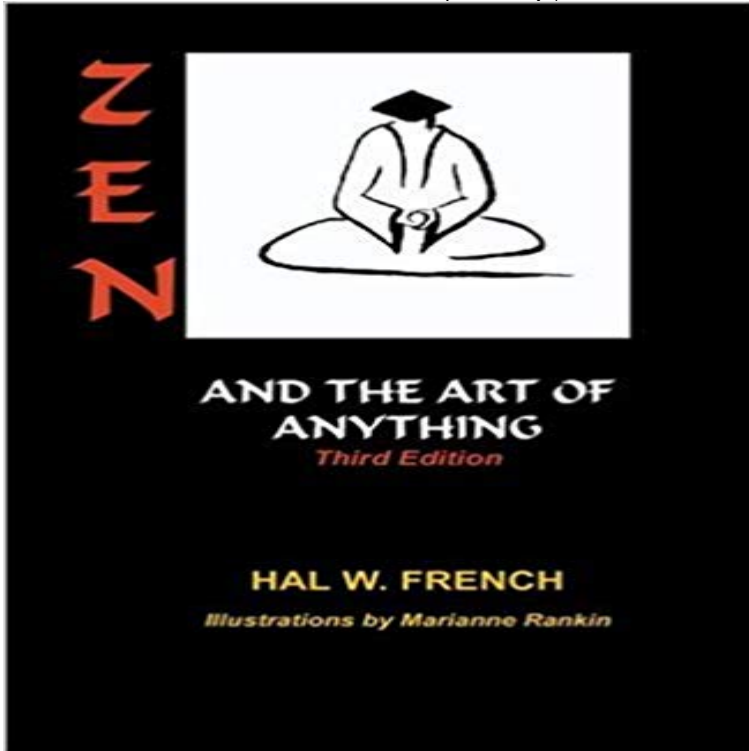


Zen and the Art of Anything: Third Edition



If shelf and cerebral space allowed for only one book on personal spirituality, self-knowledge, or improvement, it could easily be Dr. Hal French's *ZEN AND THE ART OF ANYTHING*. The Star Reporter, Columbia, S.C. Simply put, Zen is mindfulness extracting the most from a given moment. You are invited, through this book, to understand Zen. Zen is not exotic or difficult to attain. Rather, Zen is basic and available to anyone wishing to have a more fulfilling life. Think of everyday activities: breathing and speaking, waking and sleeping, moving and staying, eating and drinking, working and playing, caring and loving, thriving and surviving. If we are truly mindful in our daily living, thereby practicing Zen, we can elevate the most fundamental activities to art forms. Through Dr. French's charming and mindful writing, you can actually find the keys to a more authentic and meaningful life. The simple act of reading his thoughts and words, filled with so many artful insights, enables Zen.

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