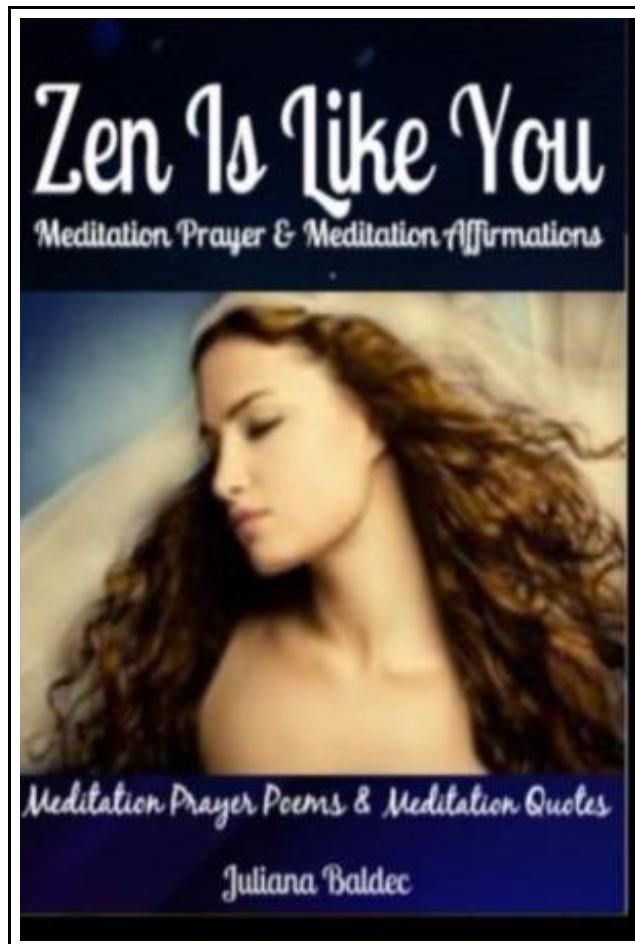


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Juliana Baldec's Zen Is Like You is an extremely blissful, mindful, simple, minimalistic, but yet effective and straight forward universal meditation poems known to mankind. The meditation moments are divided into 24 poems classified from A to Z. Enjoying these rhyming meditation poems can teach many ways to embrace that blissful moment. It can also teach many ways to accept life in general and to manage and overcome negative emotions like fear, anger, jealousy, weakness, regret any other emotional painful moments. Reading these blissful rhymes about meditation that go from A to Z teaches many ways how to find inner peace, balance, happiness, inner wealth, aging growing gracefully achieving the ultimate freedom and Zen. Juliana uses the simple form of rhymes to encourage even beginners of meditation to discover their way of Zen in an unorthodox and unconventional way because everyone and even the most busy person can read these easy to consume poems. This interesting and intriguing food for thought touches everyone's life and no matter what one knows already about the fascinating world of meditation. The book encourages everyone who is interested in meditation to take a peek inside and be inspired by the many ways of meditation. This Zen Is Like You book can be used in an unlimited way to help you spiritually grow and enrich yourself - just like the unlimited ways of meditation that you will discover inside! The one who makes the most creative use of the book is the one who will find the most value in it because there is truly an unlimited amount of applications and uses for this helpful book. You could take one poem...



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