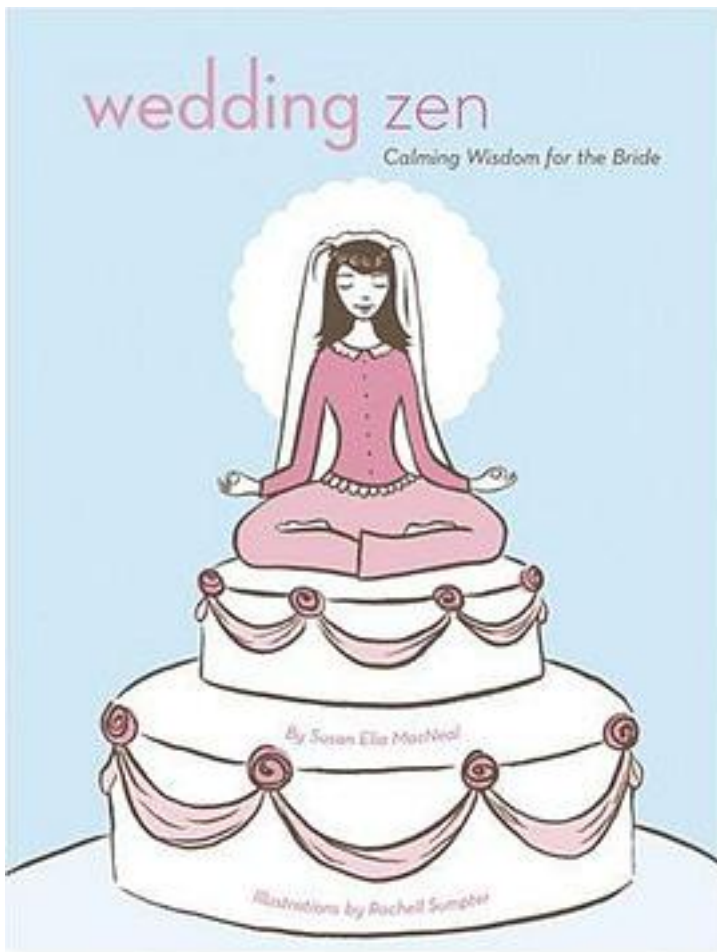


Wedding Zen



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For stressed-out brides-to-be, finally there's an alternative to last-minute elopement: Wedding Zen is an oasis of calm amidst the chaos of planning a wedding. By applying the classic teachings of Zen to time-honored nuptial traditions, this darling book

shows that a little namaste can improve The Big Day in a dramatic way. Drawn from Zen teachings such as staying mindful of worldly attachments (remember: it's the thought, not the gift, that counts!) and surrendering the ego (but she's your mother, and you love her), here are dozens of tips for warding off trouble in nirvana. Wedding Zen packs a bouquet of wisdom into a charming, beautifully illustrated volume, making this a perfect bridal shower gift. So when preparations get a little crazy -- or a lot crazy -- relief for the bride, and good karma for the giver, is close at hand.

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