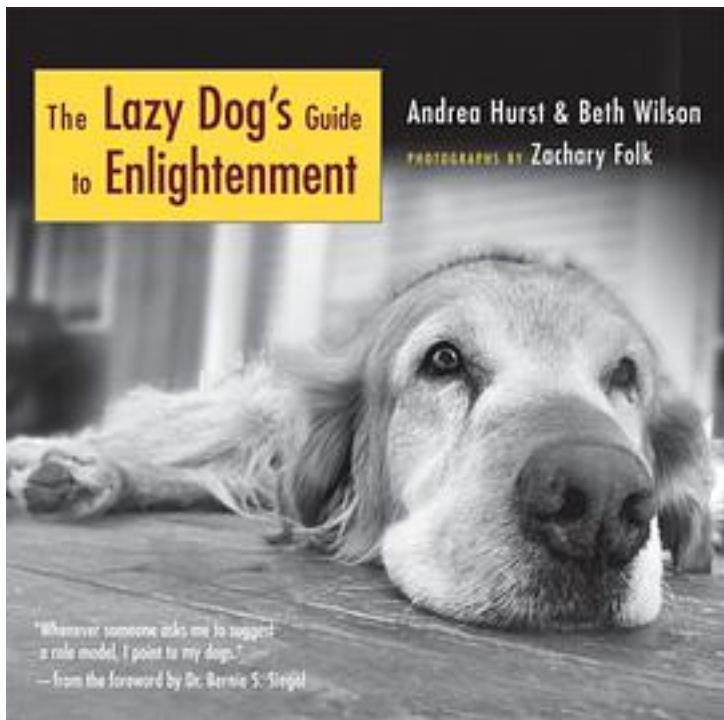


# The Lazy Dog's Guide to Enlightenment



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Enlightenment doesn't always come in the form we expect it. It need not be a self-styled guru or a complicated contraption measuring some mysterious quality. Sometimes it's as close as the chocolate lab bounding happily through the backyard, or the feisty terrier contentedly curled up on one's lap for a nap. In the foreword to this thoughtful, wonderfully illustrated gift book, Dr. Bernie Siegel says, Dogs are healers. . . . They seem to have figured out how to live beautifully so much better than we humans have." Loosely modeled on 1980's underground classic *The Lazy Man's Guide to Enlightenment*, this charming book celebrates the simple wisdom and that special combination of natural earthiness and subtle spirituality that

characterizes humankind’s best friend. Distinctive black-and-white dog images by acclaimed photographer Zackary Folk are accompanied by captions of down-to-earth spiritual wisdom from” the dogs to their often confused owners.”

作者介绍:

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