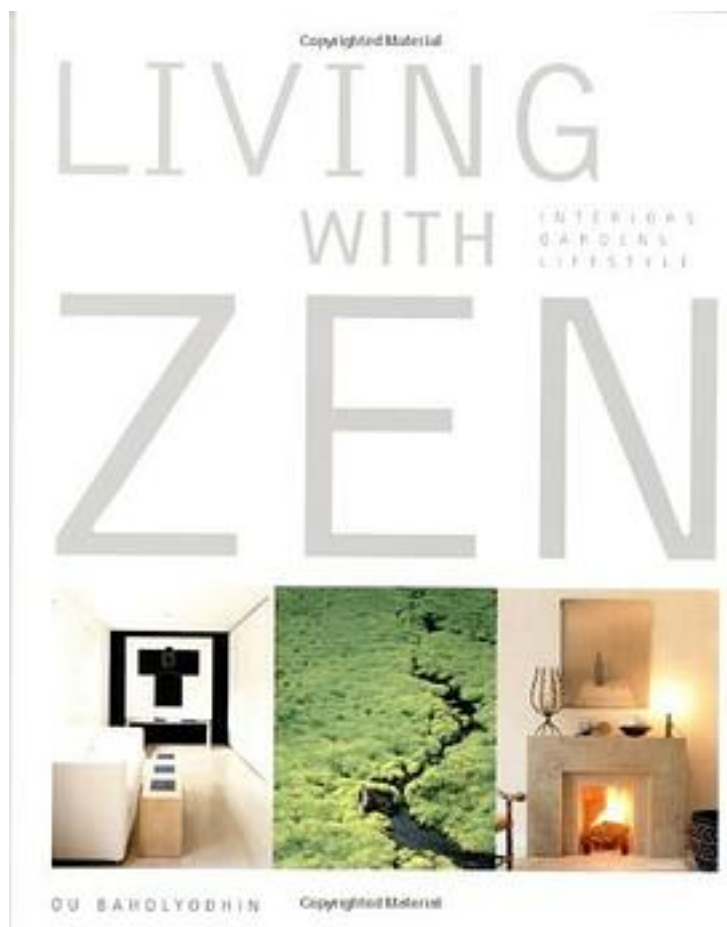


Living with Zen



[Living with Zen_ 下载链接1](#)

著者:Ou Baholyodhin

出版者:

出版时间:2000-11

装帧:

isbn:9780804832663

You don't need to be a Zen Buddhist to experience Zen living; everyone can benefit from a more Zen approach to life, whether it's banishing clutter and excess or learning how to appreciate everyday objects and experiences. These are the gifts of Zen and the way to harmony, simplicity, serenity, and peace. Living with Zen shows you how to

create your own refuge-how you can bring simplicity and tranquility to every area of your home, from your garden, to your bedroom, bathroom, kitchen, and living and dining room. And the best thing is that you don't need to go out and buy a whole new set of living room furniture. Zen is about principles and contrasts: asymmetry and symmetry, form and emptiness, stillness and fluidity. Discover ideas room-by-room with advice for more mindful living. Find inspiration from Zen texts, traditional and modern. There are also specially designed meditations to help you become more in tune with your environment, as well as fresh ideas for presenting food in ways that enhance its particular characteristics.

作者介绍:

目录:

[Living with Zen_ 下载链接1](#)

标签

设计

评论

[Living with Zen_ 下载链接1](#)

书评

[Living with Zen_ 下载链接1](#)