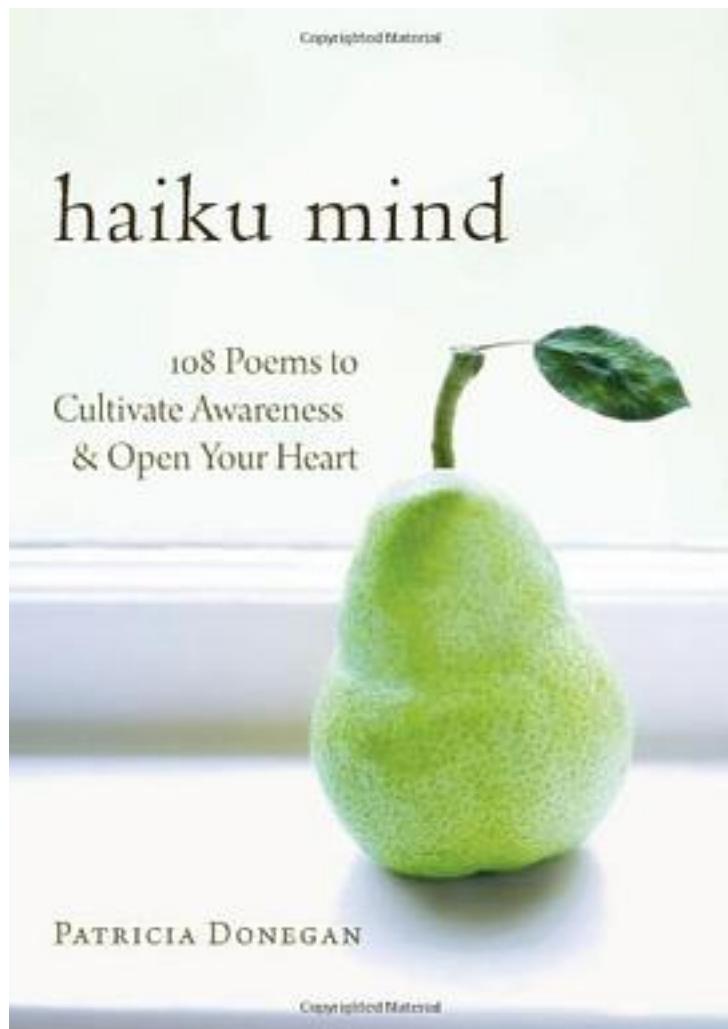


# Haiku Mind



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出版者:

出版时间:2008-10

装帧:

isbn:9781590305799

Haiku, the Japanese form of poetry written in three short lines, is celebrated for its

ability to express a simple moment in a profound way. The “haiku moment,” as it is called, refers to a heightened awareness of the world around us and how, in that small, transient period, the greater essence of our lives is reflected.

As our culture speeds up and our personal lives feel overbooked and busy, haiku can offer an easy way to slow down, appreciate the simple things around us, and give us a moment to reflect on our lives. In *Haiku Mind*, Patricia Donegan presents 108 haiku that offer a larger lesson on how we can approach our lives. With themes such as honesty, transience, and compassion, Donegan offers haiku and commentary as a form of meditation—a moment where we can slowly and naturally discover what is simply here.

作者介绍:

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