

# Zen and the Art of Being Slim, Rich and Adored

## Short Stories

For those with a soft spot for the human predicament  
and a bizarre enjoyment of the absurd.

# Zen and the Art of Being Slim, Rich and Adored



Diane B. Sheehan

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Zen and the Art of Being Slim, Rich and Adored is not a book about diets, financial strategies or advice on how to win friends and influence people. Nor does it spout formulas on positive thinking, visualization or repetitive affirmations. These eleven short stories impart the ineffable, indefinable, unthinkable Zen experience through the use of satire rather than metaphor. Metaphor is pleasurable because it unites. It compels readers to dig deeper. Conversely, satire is disruptive, tearing apart familiar patterns, jolting readers from habitual thought processes, propelling them to a higher level, initiating inner change. Its humor and irreverence is not an indication of ridicule or cynical indifference, rather an affirmation of life. The stories are warm-spirited, offering wisdom within whimsy. Readers have the opportunity to laugh at themselves in the life process, a major leap in clearing away the excess baggage that inhibits human potential.

作者介绍:

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