



The Zen Approach to Modern Living Vol 1: Fundamentals, Family & Friends

Gary Edward Gedall

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The Zen Approach to Modern Living Vol 1

Life is often experienced as a series of conflicts and aggressions, both from the outside and within ourselves.

The Zen Approach to Modern Living series, will lead you towards a more harmonious way of dealing with the many, complex and competing elements of your daily life.

These conflicts leave us exhausted, depressed, angry, and feeling generally unhappy and unfulfilled.

Being more in harmony with yourself will bring more happiness, more energy and open up the route to self-fulfilment.

Volume 1 covers; an introduction to the basic concepts, our relationship with ourselves, our family, (partner, children, parents, brothers, sisters and in-laws), friends and enemies.

Plus, plus, plus, A Bonus Chapter: My Deepest, Darkest, Secret.

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