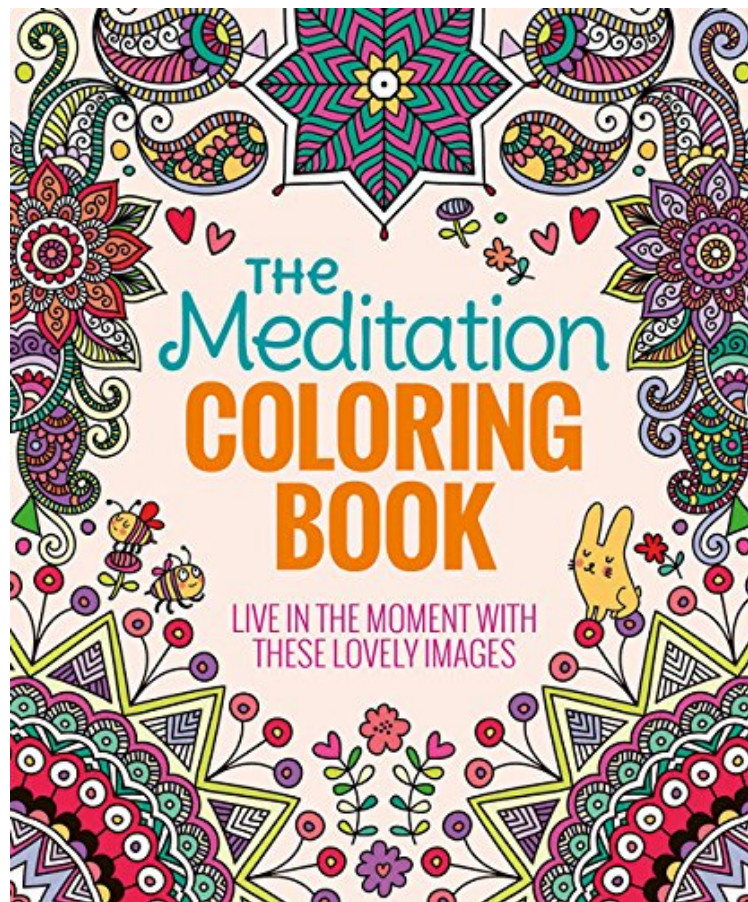


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Meditation and intuition are the core components of the Zen way of approaching life's challenges; Zen masters know everything will work out in the end. Focusing on each moment as it comes rather than on the past or the future is also part of the philosophy. The Meditation Coloring Book will help you "be here now" by offering a focal point for your creativity. Choose your color palette and drift into a meditative state as you fill in the lovely designs. Everything will turn out beautifully!

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