

***Momma Zen Walking The Crooked Path Of Motherhood Karen
Maezen Miller***

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Karen Maezen Miller is a Zen Buddhist priest and meditation teacher at the Hazy Moon Zen Center in Los Angeles. She is the author of Momma Zen: Walking the Crooked Path of Motherhood, Hand Wash Cold: Care Instructions for an Ordinary Life, and Paradise in Plain Sight: Lessons from a Zen Garden.

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Momma Zen Walking the Crooked Path of Motherhood 1st ...

Momma Zen: Walking the Crooked Path of Motherhood, is an intimate and inspiring guide to the Zen wisdom found in the everyday lessons of early motherhood. The author, Karen Maezen Miller is a mother, wife, writer and Zen Buddhist priest.

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12 quotes from Momma Zen: Walking the Crooked Path of Motherhood: 'You don't have to wait for happiness, because there's no time but now to be happy. ... Momma Zen Quotes Showing 1-12 of 12 "You don't have to wait for happiness, because there's no time but now to be happy. You don't have to go somewhere else, because there's no place but ...

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Momma Zen takes readers on a transformative journey, charting a mother's growth beyond naive expectations and disorientation to finding fulfillment in ordinary tasks, developing greater self-awareness and acceptance—to the gradual discovery of “maternal bliss,” a state of abiding happiness and ease that is available to us all.

Momma Zen: Walking the Crooked Path of Motherhood

A former student of the late California-based Zen master Taizan Maezumi Roshi, Miller spent years working on this book, which distills years of Zen practice in the crucible of her experiences parentin

Momma Zen: Walking the Crooked Path of Motherhood

Combining humor, honesty, and plainspoken advice, Momma Zen distills the doubts and frustrations of parenting into vignettes of Zen wisdom. Drawing on her experience as a first-time mother, and on her years of Zen meditation and study, Miller explores how the daily challenges of parenthood can become the most profound spiritual journey of our lives.

Momma zen : walking the crooked path of motherhood

Momma Zen Walking the Crooked Path of Motherhood. The daily challenges of parenthood can become the most profound spiritual journey of our lives. Combining humor, honesty and plainspoken advice, Momma Zen distills the doubts and frustrations of early motherhood into vignettes of Zen wisdom. This compelling and wise memoir follows the timeline of early motherhood from pregnancy through toddlerhood.

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Combining humor, honesty, and plainspoken advice, Momma Zen distills the doubts and frustrations of parenting into vignettes of Zen wisdom. Drawing on her experience as a first-time mother, and on her years of Zen meditation and study, Miller explores how the daily challenges of parenthood can become the most profound spiritual journey of our lives.

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Author Karen Maezen Miller discusses the Zen wisdom of parenting in this interview about her book, Momma Zen: Walking the Crooked Path of Motherhood. More info about the book, author and events at ...

Momma Zen

Momma Zen takes readers on a transformative journey, charting a mother's growth beyond naive expectations and disorientation to finding fulfillment in ordinary tasks, developing greater self-awareness and acceptance—to the gradual discovery of “maternal bliss,” a state of abiding happiness and ease that is available to us all.

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