



## 365 Meditations

### A Spiritual Journey on the Path of Wisdom

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- A stimulus for readers to follow the spiritual path and gain wisdom every day of the year
- Includes 200 colour photographs

*"The most precious gift we can offer anyone is our attention."* – Thich Nhat Hanh

East Asia gave birth to exceptional thinkers and spiritual guides such as Confucius, Lao-tzu, and Buddha. This volume pays tribute to those masters of wisdom, and the gifts they've given the world, with an inspiring collection of images and quotations. The photos capture breathtaking golden sculptures, magnificent paintings, stunning silks and banners, and young monks following the ancient traditions.

