

BRIEF BOOK DESCRIPTION:

*Legendary stories are the expressions of dreams, inspirations, passion and change in life. **Zen Shredding** is a unique narrative exploring the power of enquiry and the expression of meaning and purpose in life; 114 Spiritual insights and questions encourage the reader to examine their own life, to pursue, discover and realize that Who We Are and Who we can become is our greatest legacy.*

FULL BOOK DESCRIPTION:

Fulfillment in life occurs as a result of the pursuit of our dreams and the cultivation of our awareness of the divinity that lies within us. Human beings crave inspiration in life, unfortunately many of us have lost touch with the value and meaning inspiration can have in life. We have the ability to ignite the fire of inspiration within us by cultivating Who We Are and by actively pursuing the dreams we were all born with. As we discover Who We Are while pursuing our dreams change becomes a natural way of being for ourselves and the world we live in.

***Zen Shredding** is a book of practical and Spiritual insights with narrated anecdotes on how a simple choice and change made in life can open the doorway of experience, expression and possibility. It's an invitation and exploration of how to engage the process of your dreams and life, by discovering and immersing yourself in specific insights and questions that create the preamble for the effortless expression of change and transformation.*

Partial proceeds of the net sales of this book will be donated to Zero Ceiling, an unbiased charitable society that offers innovative snowboarding programs to at-risk youth and street youth from Vancouver and Montreal to the slopes of Whistler BC, the Laurentians and Mont Tremblant, Quebec. Through adventure-based learning, employment skills training and personal development, Zero Ceiling is making a difference.

*For more information please see “Initiatives” section of this book or surf :
www.zeroceiling.org*

*For more information on the book **Zen Shredding** please surf:
www.zenshredding.com*