



## Zen Birding: Connect In Nature

By David M. White, Susan M. Guyette

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Zen Birding: Connect In Nature, David M. White, Susan M. Guyette, Zen Birding is the art of being in the moment with birds as sentient beings. Follow birder and anthropologist David M White on a journey to a greater awareness of watching birds with these captivating birding stories that illustrate the Zen lives of birds and the spiritual lessons we can learn from them for our own lives. Discover an enhanced appreciation of place and being in the moment along with ways to communicate and engage with birds and their families all of which open us up to our oneness with nature.



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