

# Kindle eBook Daily Deals

## 11/02/20

1. The Art of Simple Living: 100 Daily Practices from a Japanese Zen Monk for a Lifetime of Calm and Joy (Personal Development, \$1.99)

1. By Shunmyō Masuno.

2. 4.8/5 stars with 181 reviews.

3. In *The Art of Simple Living*, you will learn to find happiness not by seeking out extraordinary experiences but by making small changes—to what you do, how you think, how you interact with others, and how you appreciate the present moment. With each task, you will open yourself up to a renewed sense of peace and inner calm.