



# Zen and the Art of Housekeeping: The Path to Finding Meaning in Your Cleaning

*Lauren Cassel Brownell*

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Yes, cleaning can be an enlightening experience. "Zen and the Art of Housekeeping" teaches even the most novice mopper how to find peace while dealing with dust and dirt. Their floors and counters will shine as they become one with their home. From scrubbing the sink to folding laundry, mundane chores become steps on the path to Zen. "Zen and the Art of Housekeeping" challenges readers to put more than elbow grease into their daily routine. This book has readers musing over soapy Zen koans like: If the kitchen is the heart of the home, what is the heart of the kitchen? What is the colour of clean? And if the purpose of cleaning is to remove dirt, what is the purpose of dirt? Complete with personal anecdotes, tidying tips, and green mantras to reduce eco-impact, "Zen and the Art of Housekeeping" is a fun read for anyone scrubbing their way to enlightenment - and a spotless sink.

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