



Wabi Sabi: Timeless Wisdom for a Stress-Free Life

Agneta Nyholm Winqvist

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According to the American Psychological Association, more than one in five Americans experience extreme stress on a daily basis. In an age when most people spend more time looking at a computer screen than out a window, and when human interaction flies by at the speed of an email, it's no wonder we're a society searching for a sense of meaning and purpose.

Now, Swedish expert Agneta Nyholm Winqvist offers a ray of hope in her succinct and unadorned introduction to wabi sabi. An Eastern philosophy with roots dating back 5,000 years, "wabi sabi" at its most elegant base is the search for "timeless wisdom." The antithesis of a too-much society, wabi sabi philosophy has helped guide millions of practitioners to a more fulfilling, efficient, and stress-free lifestyle. Applicable to almost every stressful circumstance, Winqvist's *Wabi Sabi* will teach readers to search for their own inner calm, while allowing them to embrace the beauty and simplicity of everyday life. From the businesswoman looking to de-stress and refocus, to the family struggling with finances, to the young college student seeking a better future—*Wabi Sabi* has something for everyone.

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