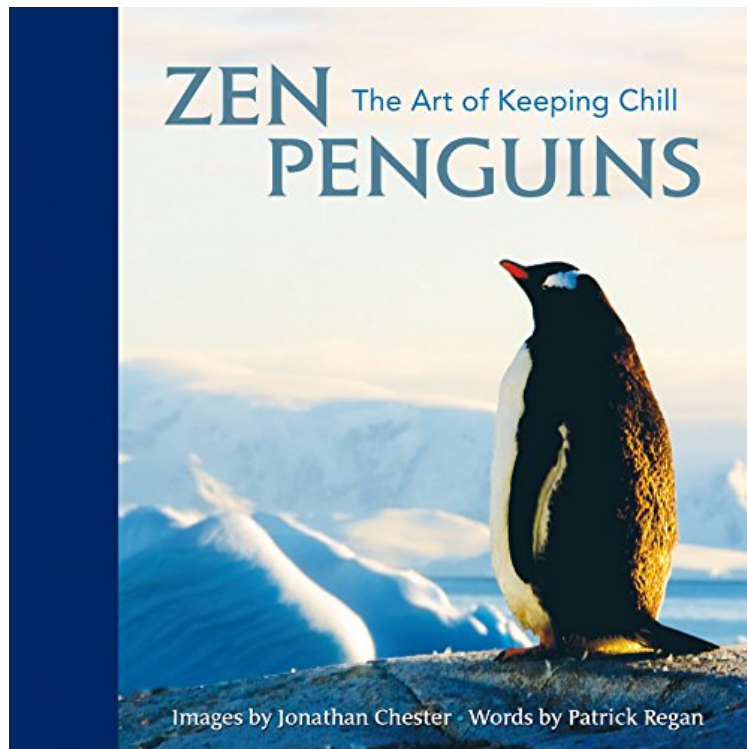


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Zen Penguins: The Art of Keeping Chill (Extreme Images)

Jonathan Chester, Patrick Regan

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Jonathan Chester, Patrick Regan : Zen Penguins: The Art of Keeping Chill (Extreme Images) before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Zen Penguins: The Art of Keeping Chill (Extreme Images)*:

0 of 0 people found the following review helpful. Excellent! By Emily C. I absolutely love this book and all the others like this - the sayings that go with the terrific photos are so fitting and it's impossible not to smile. I gave it to my son on his 21st birthday. He loved it!

"The obstacle is the path." "Live the life in front of you." "Be Still. Stay Chill." What better creature to teach us to live in the moment and be flexible and chill out (so we won't flip out!) than the biped birds at the bottom of the earth? Penguins are intuitive, practical, and cooperative; they naturally know the art of keeping chill. Jonathan Chester's renowned penguin photography whimsically illustrates the sage Zen wisdom presented here in every enlightened spread.

About the Author Jonathan Chester is a veteran polar photographer and expeditioner. The photographs in this book are from his many Antarctic expeditions. Patrick Regan has written lots of books, some with penguins, some without. You can learn more about Jonathan and Patrick and their books at extremeimages.com and patrickreganbooks.com. Previous books by this creative duo include *Flipping Brilliant*, *To Love Is to Fly*, *Stay Cool*, and *My Unflappable Mom*.