



# Zen And The Art Of Crossword Puzzles: A Journey Down And Across

*Nikki Katz*

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## **Zen And The Art Of Crossword Puzzles: A Journey Down And Across** Nikki Katz

The 15 million Americans who do crossword puzzles know that it's far more than just a hobby. Zen and the Art of Crossword Puzzles is a fun and philosophical look at this beloved pastime--from why we love crossword puzzles and how they benefit us in unexpected ways, to puzzle solving as a spiritual practice and how that practice contributes to our self-awareness and personal growth. Each chapter opens with a puzzle, luring puzzle fans into a crossword journey rich with meaning and magic. The first book of its kind, Zen and the Art of Crossword Puzzles is sure to be a hit with crossword puzzle lovers everywhere.

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