



Zen Dogs

Alexandra Cearns

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Award-winning animal photographer Alex Cearns celebrates the peace, calm, and joy dogs bring to our lives with this unique full-color collection capturing eighty dogs in their most relaxed and contented moments.

When Alex Cearns caught Suzi the Sharpei on film with eyes closed and an endearing smile on her furry face, the renowned Australian professional pet and wildlife photographer called the picture of serenity "Zen Dog." Captivated by the image's tranquil beauty, Cearns then turned her lens on other canines experiencing their own carefree and meditative "Zen" moments—a series of photos that would go viral across the web and take the top prize in a major international competition.

Expanding on Cearns's original web series, *Zen Dogs* includes eighty stunning color photographs of a variety of breeds—golden retrievers, beagles, French bulldogs, dachshunds, poodles, huskies, pit bulls, and German shepherds. Here are some familiar faces from the online series, joined by dozens of dogs never seen before—all whose engaging personalities shine through. Sprinkled throughout the photos are words of wisdom from the Buddha, Gandhi, and other meditative masters, inspiring messages that, with the photos, warm the heart and soothe the spirit.

A gorgeous compendium for every dog lover, animal enthusiast, and everyone looking to add some peace and joy to their day, *Zen Dogs* reminds us of the power dogs have to enrich our lives—to make us happier, healthier, calmer, and more loving.



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