



**For Immediate Release**

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## **A LITTLE EAST, A LITTLE WEST, AND A WHOLE LOTTA FUN!**

### **Beautiful New Children's Book Puts a Modern Twist on an Old Zen Fable, Making It Accessible for Kids and Adults Alike While Bridging Eastern and Western Cultures**

**(LOS ANGELES) November 1, 2011** – “Maybe (A Little Zen for Little Ones™)” (\$15.99, Umiya Publishing), by Sanjay Nambiar, is a gorgeous, smart, and mindful children’s book that reinterprets a beloved Zen story and puts it in a context that is more easily accessible for today’s culture.

The story is about a wise girl who experiences a series of events that at first seem lucky (or unlucky) but then turn out to be quite the opposite. A bike disappears, but then she gets a new one. She hurts herself, but then she enjoys a nice day at home. For each incident, was what happened good luck? Maybe. Was it bad luck? Maybe. Or, perhaps the girl simply does not get caught up in the emotion of the moment, because she can never know what that event might lead to, “good” or “bad” . . .

Just like the story itself, the book’s beautiful illustrations juxtapose modern graphics with traditional backgrounds to transpose the old into the new, thus creating an accessible context for deeply meaningful concepts. In today’s world where little failures or triumphs seem to be exaggerated into big ordeals, a book like “Maybe (A Little Zen for Little Ones)” helps us all put life into a wiser perspective.

“While many ancient Zen stories are powerful and poignant, they feature farmers, monks, traditional prose, and other elements that make it hard for modern audiences to relate to them,” noted Sanjay Nambiar, the author. “This book tells a wise fable through the lens of today’s world, with kids as the characters instead of farmers or animals. I hope that makes the beautiful themes within the story more accessible for our modern culture,” he added.

Sanjay Nambiar grew up in Carson, CA, where he overcame a gang- and drug-riddled environment with the help of a closely-knit family and a focus on education. He graduated with honors from U.C. Berkeley, with degrees in Economics and Neurobiology, and earned an M.B.A. from UCLA. Now a freelance copywriter in Los Angeles, Sanjay practices meditation on a daily basis and sees extraordinary potential for happiness (and frustration) in the confluence of Western lifestyles and Eastern

philosophies. Through his books, he hopes to inspire readers to consider life in a different perspective, one that incorporates a little bit of Zen as well as a lot of fun.

“Maybe (*A Little Zen for Little Ones*)” has a street publication date of November 11, 2011; it will be available at [www.alittlezen.com](http://www.alittlezen.com), [amazon.com](http://amazon.com), in e-reader formats for the Kindle, Nook, and iPad, and at select bookstores and gift shops. For more information, please contact Jeannine Schechter Jacobi of Fresh PR at (310) 857-6994 or [jeannine@freshpr.net](mailto:jeannine@freshpr.net), or visit [www.alittlezen.com](http://www.alittlezen.com) or the book’s Facebook fan page at <http://www.facebook.com/ALittleZenforLittleOnes>.

**About *A Little Zen for Little Ones*<sup>TM</sup>**

*A Little Zen for Little Ones*<sup>TM</sup> ([www.alittlezen.com](http://www.alittlezen.com)) puts classic and new Zen stories in an accessible context for today’s kids (and adults!). These revered tales provide a little perspective on what’s truly important, on how personal balance and peace can manifest in everyday life. With children as central characters and narratives that reflect modern culture, *A Little Zen for Little Ones*<sup>TM</sup> helps us examine our values as our world becomes more complex and confusing. After all, if our children can get a little bit of Zen in their lives, perhaps they’ll grow up to be adults with a little bit of Zen as well. Wouldn’t that be great for all of us?

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