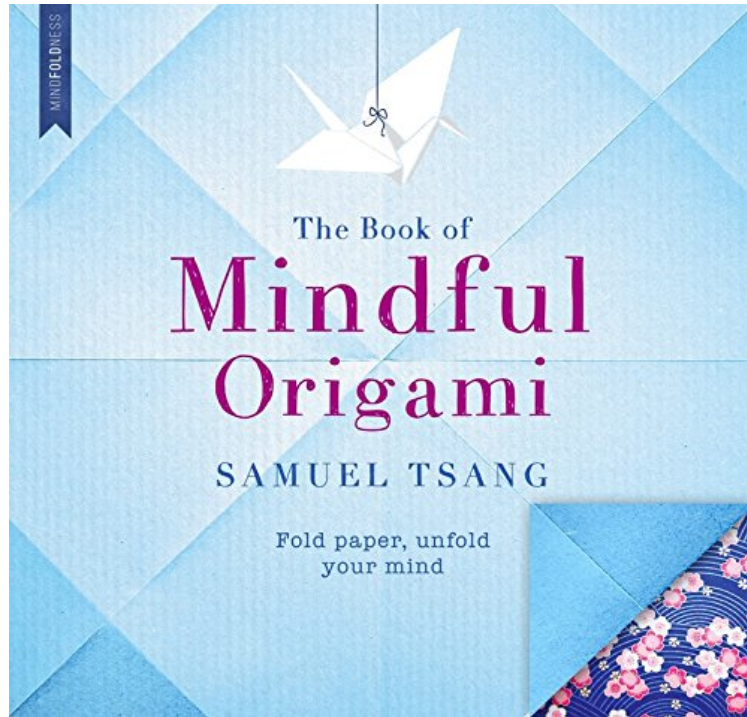


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The Book of Mindful Origami: Fold paper, unfold your mind

Samuel Tsang

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Samuel Tsang : The Book of Mindful Origami: Fold paper, unfold your mind before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Book of Mindful Origami: Fold paper, unfold your mind:

Every day millions of us sit in front of a computer screen tapping away at a keyboard, mostly writing virtual notes to unseen correspondents. By contrast, an origami project is a chance to be creative and make something tangible; in fact, turning a piece of paper into a three-dimensional sculpture is a meditative journey that instills in us a sense of pride, competence, and accomplishment. As we fold the paper, the focus required and the tactile connection help free our minds to roam, creating the opportunity for a moment of self-reflection, for true presence of mind.

About the Author Samuel Tsang is a London-based origami teacher. He has folded origami since a child and has been teaching professionally since 2003. During that time he has introduced origami to thousands of students in corporate team building and public workshops. Sam has worked with over 100 companies including some of the world's top internet and luxury good brands. He was also the main organizer for the Guinness World Record for the largest display of origami elephants that is permanently displayed at ZSL Whipsnade Zoo. He lives with his wife and two daughters in a house full of origami.