

Zen Meditation Plain And Simple By Albert Low

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Inspect the stitching, lining, quality of fabric used and general workmanship .Unless you really don't have anything to wear or are pressed for time, the ready-in-24-hours option should be avoided.

A good, all year round fabric in England would be around 11-12 oz with 9oz being good in summer and 13oz good for winter.

Its purpose is to provide information and recommend tailor shops in Thailand (Bangkok, Pattaya, Hua Hin, Phuket, Chiang Mai, Koh Chang and Koh Samui so far) that I PERSONALLY CONSIDER good.

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What types of fabric do they offer? The first thing to do when you meet your tailor is choose a fabric.

If you are lucky you will get a recommendation from somebody you know who already uses a tailor.

Chances are good you'll end up paying much more than what you wanted to and having to settle for inferior quality.

Generally tailors will only use the best fabrics as even a novice can tell the difference when feeling the different cloths.

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Dr. Albert Low is an authorized Zen master, an internationally Published author, and a former Human Resources executive. He was born in London, England, on December

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