

## Zen Keys A Guide To Practice Thich Nhat Hanh

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Nick Cannon, 40, became a father of seven, including three newborns, when his girlfriend welcomed their son Zen on June 23. Weeks prior, his ex Abby De La Rosa gave birth to their twin boys.

*Nick Cannon's girlfriend Alyssa Scott gives birth to his SEVENTH child... after welcoming twin boys*  
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Nick Cannon has become a father for the seventh time after his girlfriend Alyssa Scott welcomed their baby Zen into the world on June 23.

*Nick Cannon has become a father for the seventh time - and the fourth time in six months*

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Nick Cannon has insisted none of his children are "accidents", after he became a father for the seventh time this weekend, marking his fourth child in six months.

*Nick Cannon: None of my kids are accidents*

Cannon and his girlfriend Alyssa Scott welcomed their son Zen into the world this weekend ... That God bless you and your brother and guide you into living out your full purpose.

*Nick Cannon: I had four children in six months on purpose - and could have had more*

The 40-year-old comedian's girlfriend Alyssa Scott confirmed on Sunday (July 4) that she gave birth to the couple's son Zen on June 23 ... you and your brother and guide you into living out ...