



365 Zen: Daily Readings

By Smith

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, 365 Zen: Daily Readings, Smith, A year's worth of Zen wisdom and inspiration! The first-ever collection of Zen koans, stories, and sayings in the popular meditation-a-day format. In this book of daily meditations, veteran Buddhist writer and editor Jean Smith gives us Zen's most memorable teachings in a uniquely accessible format. Drawn from all of Zen's major schools and teachers, the 365 inspiring selections illuminate Zen's major themes, including zazen, koans, detachment, karma, emptiness and enlightenment. Complete with a directory of Zen centres, a glossary of Buddhist terms, and an index of topics and authors, 365 Zen is an essential daily companion for anyone interested in Zen.



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