

## Zen And The Art Of Motorcycle Maintenance An Inquiry Into Values

Is it possible to love two vampires at the same time? View our feature on Katie MacAlister's Zen and the Art of Vampires. Pushing forty and alone, Pia Thomason heads to Europe on a singles tour, hoping to find romance. What she finds are two very handsome, very mysterious, and very undead men. And she learns that where vampires are concerned, love isn't the only thing at stake.

Inside the intriguing world of poker lies a fascinating exercise in strategy and extreme concentration--many of the same principles that underpin the one-thousand-year-old philosophy of Zen spirituality. Zen and the Art of Poker is the first book to apply Zen theories to America's most popular card game, presenting tips that readers can use to enhance their game. Among the more than one hundred rules that comprise this book, readers will learn to:

- \* Make peace with folding\*
- Use inaction as a weapon\*
- Make patience a central pillar of their strategy\*
- Pick their times of confrontation

Using a concise and spare style, in the tradition of Zen practices and rituals, Zen and the Art of Poker traces a parallel track connecting the two disciplines by giving comments and inspirational examples from the ancient Zen masters to the poker masters of today.

Cutting-edge science and spirituality tell us that what we believe, think and feel actually determine the makeup of our body at the cellular level. In Zen and the Art of

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Happiness, you will learn how to think and feel so that what you think and feel creates happiness and vibrancy in your life rather than gloominess or depression. You'll learn how to adapt to life's inevitable changes, how to deal with stress in a healthy way and how to nurture a mindful happiness in your daily life. Most importantly, the gentle wisdom of Zen and the Art of Happiness will show you how to invite magnificent experiences into your life and create a personal philosophy that will sustain you through anything. A timeless work about the art of happiness, the way of happiness, the inner game of happiness.

Zen is a spiritual journey that can transform and enrich our lives. Many of the great Zen masters were themselves world travelers, starting with Bodhidharma, who brought Zen from India to China in the sixth century. Divided into eight meditations, writer Eric Chaline examines how a deeper understanding of the Zen way of life can enrich every journey one takes, from a simple country ramble to an epic journey across the world. Acclaimed as one of the most exciting books in the history of American letters, this modern epic became an instant bestseller upon publication in 1974, transforming a generation and continuing to inspire millions. A narration of a summer motorcycle trip undertaken by a father and his son, the book becomes a personal and philosophical odyssey into fundamental questions of how to live. Resonant with the confusions of existence, Zen and the Art of Motorcycle Maintenance is a touching and transcendent book of life.

Draws on Zen philosophies to counsel runners on how to

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achieve better results by aligning the body and mind for success, providing case testimonials while providing coverage of topics ranging from staying committed and training mindfully to visualizing goals and accepting limitations. Original.

The Prajnaparamita ("perfection of wisdom") sutras are one of the great legacies of Mahayana Buddhism, giving eloquent expression to some of that school's central concerns: the perception of shunyata, the essential emptiness of all phenomena; and the ideal of the bodhisattva, one who postpones his or her own enlightenment in order to work for the salvation of all beings. The Prajnaparamita literature consists of a number of texts composed in Buddhist India between 100 BCE and 100 CE. Originally written in Sanskrit, but surviving today mostly in their Chinese versions, the texts are concerned with the experience of profound insight that cannot be conveyed by concepts or in intellectual terms. The material remains important today in Mahayana Buddhism and Zen. Key selections from the Prajnaparamita literature are presented here, along with Thomas Cleary's illuminating commentary, as a means of demonstrating the intrinsic limitations of discursive thought, and of pointing to the profound wisdom that lies beyond it. Included are selections from:

- The Scripture on Perfect Insight Awakening to Essence
- The Essentials of the Great Scripture on Perfect Insight
- Treatise on the Great Scripture on Perfect Insight •
- The Scripture on Perfect Insight for Benevolent Rulers •
- Key Teachings on the Great Scripture of Perfect Insight
- The Questions of Suvikrantavikramin

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Carl Olson is Professor of Religious Studies at Allegheny College in Pennsylvania. His previous books include *The Indian Renouncer* and *Postmodern Poison: A Cross-Cultural Encounter* and *The Theology and Philosophy of Eliade: A Search for the Centre*.

This book is based upon two assumptions. The first is that "we teach who we are," and the second is that one's philosophy of life is intimately tied to one's identity, and that it is one's "philosophical identity" (conscious or otherwise) that ultimately dictates one's teaching style and also what distinguishes those who find joy and passion in the teaching profession from those who find drudgery and then simply pick up a paycheck every two weeks. In his book *Zen and the Art of Public School Teaching*, Mr. Perricone compellingly invites his reader to participate in an introspective journey that is designed to help the reader better know themselves and the professional path upon which they have embarked. This book is for those who are just beginning their careers in teaching, for veteran teachers who are still very open to personal and professional growth, and to those who are thinking about becoming teachers.

Aspects of the Japanese Zen doctrine illuminated by a German professor at the University of Tokyo who himself mastered this religious ritual.

Wash the dishes, do the laundry, mop the floors, scrub the toilets, make the beds, vacuum the rugs...the list goes on and on, with little time to stop, breathe, and take in your beautiful surroundings. Now you can. Learn to be at peace and attain enlightenment while doing all the "little" things around the house. Your floors and counters will shine as you become one with your home and gain an elevated sense of being. *Zen and the Art of Housekeeping* challenges you to put more than elbow grease into your daily routine. You'll learn how to spirit

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yourself away during mundane chores as you muse over thought-provoking Zen koans like: If the kitchen is the heart of the home, what is the heart of the kitchen? What is the color of clean? If the purpose of cleaning is to remove dirt, what is the purpose of dirt? What fills empty spaces? Whose footprints are on your floor? With Zen and the Art of Housekeeping, you'll scrub your way to enlightenment—and a spotless sink.

Zen and the Art of Playing tennis is one of the first book that have analyzed the mental and psychological aspect of the game of tennis. The purpose of the book is to fill the great vacuum still existing about the mental and psychological side of the game of tennis; even today, when almost everybody is recognizing it's importance, very few people know what to do to solve the problem. This book it's of great help, for the tennis players of all levels, to understand why the mind and the emotions are interfering so much with our natural capacities to play tennis and explain how to neutralize these negative influences and how to play our best tennis, even under pressure and in the most difficult situations. It proposes also all the techniques and exercises to help to improve the mental and psychological side of the game of tennis, that until now has so negatively influenced our performances and prevented us from expressing totally and freely our thecnicaland physical abilities. Zen and the Art of Playing Tennis was first published in Italy where has been selling over 20.000 copies and it's still selling and it's appreciated by many tennis players and tennis teachers and coaches.

A succinct, uncompromising study of what it means to help other people, this book, first published in 1978, examines the helping process in the light of the principles of Zen Buddhism. Emphasizing the Zen precepts of true compassion, newness and Taoistic change, it explains how a helper can break down the artificial barriers that serve to separate people and hinder

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the helping process. As the teachings of Zen demonstrate, real compassion involves a selflessness and respect that can bring helper and helped together.

Explains how to apply Zen principles to create and maintain loving relationships, outlining thirteen essential practices that offer advice on how to overcome such challenges as miscommunication, insecurity, and jealousy. Reprint. 25,000 first printing.

“When you wake up and you see that the Earth is not just the environment, the Earth is us, you touch the nature of interbeing. And at that moment you can have real communication with the Earth... We have to wake up together. And if we wake up together, then we have a chance. Our way of living our life and planning our future has led us into this situation. And now we need to look deeply to find a way out, not only as individuals, but as a collective, a species.” --

Thich Nhat Hanh We face a potent intersection of crises: ecological destruction, rising inequality, racial injustice, and the lasting impacts of a devastating pandemic. The situation is beyond urgent. To face these challenges, we need to find ways to strengthen our clarity, compassion, and courage to act. Beloved Zen Master Thich Nhat Hanh is blazingly clear: there's one thing we all have the power to change, which can make all the difference, and that is our mind. Our way of looking, seeing, and thinking determines every choice we make, the everyday actions we take or avoid, how we relate to those we love or oppose, and how we react in a crisis. Mindfulness and the radical insights of Zen meditation can give us the strength and clarity we need to help create a regenerative world in which all life is respected. Filled with Thich Nhat Hanh's inspiring meditations, Zen stories and experiences from his own activism, as well as commentary from Sister True Dedication, one of his students Zen and the Art of Saving the Planet shows us a new way of seeing and

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living that can bring healing and harmony to ourselves, our relationships, and the Earth.

A journalist recounts his odyssey retracing the cross-country motorcycle trip taken by Robert Pirsig and his son, Chris, that inspired the classic philosophical narrative *Zen and the Art of Motorcycle Maintenance*, detailing his journey from Minneapolis to San Francisco as he encountered many of the people and places that inspired the original work. 40,000 first printing.

This narration of a summer motorcycle trip undertaken by a father and his son becomes a text which speaks directly to the confusions and agonies of existence, detailing a personal, philosophical odyssey.

Who are you? When are you? What were you conscious of a moment ago? Susan Blackmore combines the latest scientific theories about mind, self, and consciousness with a lifetime's practice of Zen. Framed by ten critical questions that are derived from Zen's teachings, *Zen and the Art of Consciousness* explores how intellectual enquiry and meditation can expand your understanding and experience of consciousness and tackle some of today's greatest scientific mysteries.

One of the most important and influential books written in the past half-century, Robert M. Pirsig's *Zen and the Art of Motorcycle Maintenance* is a powerful, moving, and penetrating examination of how we live . . . and a breathtaking meditation on how to live better. Here is the book that transformed a generation: an unforgettable narration of a summer motorcycle trip across America's Northwest, undertaken by a father and his young son. A story of love and fear -- of growth, discovery, and acceptance -- that becomes a profound personal and philosophical odyssey into life's fundamental questions, this uniquely exhilarating modern classic is both touching and transcendent, resonant

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with the myriad confusions of existence . . . and the small, essential triumphs that propel us forward.

"If shelf and cerebral space allowed for only one book on personal spirituality, self-knowledge, or improvement, it could easily be Dr. Hal French's Zen and the Art of Anything." <sup>1</sup>The Star Reporter, Columbia, S.C. THIS IS NOT JUST A BOOK ABOUT ZEN. THIS IS ZEN! Simply put, Zen is mindfulness—extracting the most from a given moment. You are invited, through this book, to understand Zen As something that is not exotic or difficult to attain. Rather, Zen is basic and available to anyone wishing to have a more fulfilling life. Think of everyday activities: breathing and speaking, waking and sleeping, Moving and staying, eating and drinking, working and playing, caring and loving. If we are truly mindful in our daily living, thereby practicing Zen, We can elevate the most fundamental activity to an art form. Through Dr. Hal French's charming, mindful writing, You can actually find the key to a more authentic and meaningful life. The simple act of reading his thoughts and works, Filled with so many elegant and artful insights, enables Zen. AN ENABLING BOOK MUST ALSO ENOBLE. AND SO THIS DOES. "[Zen and the Art of Anything] teaches—in just the way [Hal French] speaks, kindly, lovingly, humorously—chapter by chapter, how to breathe and speak, wake and sleep, move and stay, eat and drink, play and work, care and love, thrive and survive... There is a charmingly homey and homely feel to the way Dr. French does this." <sup>2</sup>The State, Columbia, SC From the Trade Paperback edition.

Upon moving to a new town yet again, thirteen-year-old San Lee looks for a way to stand out and finds it in his knowledge of Zen Buddhism, but he will have some work to do if he is to be a convincing Zen master.

With a cast of characters that includes a fat cat, seventeen camels, and a man with 83 problems, and drawing inspiration



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from quantum physics, research on risk aversion and modern linguistic theory, this book is essential reading for mediators, mediation advocates and negotiators.

(Book). In this book, the third in the Zen and the Art Of series, Mixerman distills the inescapable technical realities of recording down to understandable and practical terms.

Whether musician or self-taught recordist, whether at home or in a full-blown studio complex, you'll discover a definitive blueprint for recording within the current realities of the business, without ever losing focus on the core consideration the music itself. As Mixerman writes: "The moment you start to think in musical terms, your recordings will improve a hundredfold." This enhanced multimedia e-book edition brings recordists deeper into the concepts covered in the text.

It features over an hour's worth of supplemental videos in which Mixerman demonstrates various recording techniques in a number of recording spaces. The clips provide invaluable insight into what to listen for when choosing gear and placing mics, and Mixerman walks us through all of this in well over an hour of clips. This multimedia eBook is an absolute must-have for anyone who enjoys recording music and wants to get better doing it. "Mixerman has done it again! With his signature humorous and entertaining style, he imparts a world of invaluable information for the aspiring recordist and musician in an easy to absorb (not overly technical) common sense manner." Ron Saint Germain (300+ million in sales, U2, Whitney Houston, 311) " Zen and the Art of Recording describes an approach rather than a recipe. This is important because in the real world nothing works the same way every time. This is an excellent overview of the issues to be considered along with a broad variety of proven techniques for addressing them." Bob Olhsson (Stevie Wonder, Jackson Five, Marvin Gaye) "It's the videos here that really drive the narrative." Aardvark (Producer of The Daily Adventures of

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Mixerman Audiobook and Zen RPM ) "In the absence of an opportunity to apprentice in a major recording studio, this book is the next best thing. A way to learn from the best." William Wittman (Cyndi Lauper, Joan Osborne, The Fixx) (Technical Reference). In his first book, *The Daily Adventures of Mixerman*, the author detailed the frustrating and often hilarious goings on during the process of recording a major-label band. Musicians, engineers, and producers laughed and cried at the crazy goings-on they'd never imagined or recognized all too well. Now Mixerman turns his razor-sharp gaze to the art of mixing and gives followers and the uninitiated reason to hope if not for logic and civility in the recording studio then at least for a good sounding record. With a firm commitment to art over technology and to maintaining a grasp of each, Mixerman outlines his own approach to recording success, based on his years mixing records in all genres of music for all kinds of artists, often under trying circumstances. As he states in his introduction to the new volume, "Even if you're not a professional mixer, even if you're a musician trying to mix your own work or a studio owner in a smaller market, you have your own set of pressures to deal with while you're mixing. Regardless of what those pressures are, it's important to identify and recognize them, if for no other reason than so you can learn to completely ignore them." But how? "That's where the Zen comes in."

This is and is not a how to book. What I mean is that it's not the book you want to pick up to improve your roll cast (at least not directly) but it may improve your outlook on life. It may not help you find fish but it may help you find yourself and that is what I truly believe fly fishing is all about.

(Book). Here, in a replica of a recently exhumed tome (discovered in reverb chamber #4 beneath the Capitol Studios lot), we present to you the companion book to

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Mixerman's popular Zen and the Art of Mixing . Providing valuable insights for both neophyte and veteran alike, Mixerman reveals all that goes into the most coveted job in record-making producing. In his signature style, Mixerman provides us a comprehensive blueprint for all that the job entails from the organizational discipline needed to run a successful recording session, to the visionary leadership required to inspire great performances. This enhanced multimedia edition brings producers deeper into the concepts covered in the text. In over an hour's worth of supplemental video clips, Mixerman gives added insight into the various aspects of producing, from choosing songs and deciding on arrangements to managing production budgets. As Mixerman points out, "It doesn't matter if you're producing a country album or a hard-rock album: the goal is to communicate with the audience in a manner they understand."

The gentle wisdom of "Zen and the Art of Happiness" shows how to invite magnificent experiences into your life and create a philosophy that will sustain you through anything. The Zen of doing anything is to behave with a particular state of mind that brings the experience of enlightenment to even everyday facts -- and through that experience, happiness.

The most innovative, unconventional, and profoundly practical career guide available--newly revised and updated With today's economic uncertainties, millions of Americans realize they must seize control over their own career paths. They want work that not only pays the bills but also allows them to pursue their real passions. In this revised edition, Laurence Boldt updates and revises his revolutionary guide to meet the challenges of the twenty-first century workplace. The first part of this book helps readers to identify the work that they really want to do, while the second provides practical, active steps to finding or creating that work. Zen

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and the Art of Making a Living goes beyond inspiration, providing a proven formula for bringing creativity, dignity, and meaning to every aspect of the work experience.

In this bestselling new book, his first in seventeen years, Robert M. Pirsig, author of *Zen and the Art of Motorcycle Maintenance*, takes us on a poignant and passionate journey as mysterious and compelling as his first life-changing work. Instead of a motorcycle, a sailboat carries his philosopher-narrator Phaedrus down the Hudson River as winter closes in. Along the way he picks up a most unlikely traveling companion: a woman named Lila who in her desperate sexuality, hostility, and oncoming madness threatens to disrupt his life. In *Lila* Robert M. Pirsig has crafted a unique work of adventure and ideas that examines the essential issues of the nineties as his previous classic did the seventies.

*Zen and the Art of Motorcycle Maintenance*  
An Inquiry Into Values  
Random House

Acclaimed as one of the most exciting books in the history of American letters, this modern epic became an instant bestseller upon publication in 1974, transforming a generation and continuing to inspire millions. This 25th Anniversary Quill Edition features a new introduction by the author; important typographical changes; and a Reader's Guide that includes discussion topics, an interview with the author, and letters and documents detailing how this extraordinary book came to be. A narration of a summer motorcycle trip undertaken by a father and his son, the book becomes a personal and philosophical odyssey into fundamental questions of how to live. The narrator's relationship with his son leads to a powerful self-reckoning; the craft of motorcycle maintenance leads to an austere beautiful process for reconciling science, religion, and humanism. Resonant with the confusions of existence, *Zen and the Art of Motorcycle*

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Maintenance is a touching and transcendent book of life. When Robert Pirsig's Zen and the Art of Motorcycle Maintenance was first published in 1974, it caused a literary sensation. An entire generation was profoundly affected by the story of the narrator, his son, Chris, and their month-long motorcycle odyssey from Minnesota to California. A combination of philosophical speculation and psychological tension, the book is a complex story of relationships, values, madness, and, eventually, enlightenment. Ron Di Santo and Tom Steele have spent years investigating the background and underlying symbolism of Pirsig's work. Together, and with the approval of Robert Pirsig, they have written a fascinating reference/companion to the original. Guidebook to Zen and the Art of Motorcycle Maintenance serves as a metaphorical backpack of supplies for the reader's journey through the original work. With the background material, insights, and perspectives the authors provide, Guidebook to Zen and the Art of Motorcycle Maintenance is destined to become required reading for new fans of the book as well as those who have returned to it over the years.

"The one book every disc golfer needs... If you only pick up one book on this list, make it this one... This is one of those books that will end up with highlighter and notes all over it as you read it again and again."

– Mind Body Disc Golf Reading List

(MindBodyDisc.com) "It is a cool book to motivate and inspire you, speaking in terms that Disc Golfers can understand. Definitely check this book out." –

Bobby Brown AKA Cool Daddy Slick Breeze (The Disc Golf Answer Man Podcast) "Zen and the Art of Disc Golf is a perfect read anytime of the year to help your disc golf game... It's safe to say that you'll

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take something away from it and in the end, you'll take steps to being a better disc golfer with the knowledge you'll gain." – Zach Parcell (All Things Disc Golf) Disc Golf is more than a game, Patrick D. McCormick carefully argues, it can be a window that shows us how we interact with the world. The way we play is the way we live. This book is about the sport of Disc Golf, but it also is about so much more than throwing a disc at a basket. For the passionate practitioner, Disc Golf becomes a meditation, and practicing not only has the potential to make us better players, but better people as we begin to focus on what we are doing on the course that is working or not working versus what we are doing at home or in the office. "Zen and the Art of Disc Golf" is about becoming the best players we can be and in turn becoming the best possible version of ourselves through cultivation of attitude, focus, determination, and mental strength. It is about mastering the mind, body, and spirit in such a way that we score better and live better. Inside this book you will learn: -What Disc Golf can teach us about life and success -The secret formula for success on and off the course. -How to create the proper attitude and focus to become better Disc Golfers and in turn live better lives. -How visualization improves our game and our lives. -Who you need to be playing with on the course. -How to hit more chains and less trees. -How to take yourself off autopilot and elevate your scores

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and your game. -The 3 sides of Disc Golf and how to balance them. Most importantly, after reading this book you will walk away ready to Ace holes and Ace life. Disc Golf is life. Life is good.

Collects 40 famous examples of brush painting and calligraphy that demonstrate Buddhist applications of instructive art, complementing each piece with decoding information and Dharma commentary.

Original.

Welcome to the exciting world of foosball! This book is your guide to learning how to play foosball. In this book, you will learn the basics of the game: how to pass the ball, shoot the ball, and defend against shots. You will also learn advanced techniques for improving your game. Advanced players can also find useful information for increasing their level of play. Before long, you may find yourself playing in a professional tournament! So, get ready to join the legion of players discovering a sport that is now in its golden age. This is a sport that everyone can enjoy! This is a unique guide to coping with challenging people using practical Zen and mindfulness tools. It helps readers explore their reactions, break free from knee-jerk response patterns and see if these people may in fact prove to be useful teachers in life – troublesome Buddhas. This is a guide to applying the teachings of mindfulness and Zen to the troublesome or challenging people in our lives. Perhaps you can see there's often a pattern to your

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behaviour in relation to them and that it often causes pain – perhaps a great deal of pain. The only way we can grow is by facing this pain, acknowledging how we feel and how we've reacted, and making an intention or commitment to end this repeating pattern of suffering. In this book, Mark Westmoquette speaks from a place of profound personal experience. A Zen monk, he has endured two life-changing traumas caused by other people: his sexual abuse by his own father; and his stepfather's death and mother's very serious injury in a car crash due to the careless driving of an off-duty policeman. He stresses that by bringing awareness and kindness to these relationships, our initial stance of "I can't stand this person, they need to change" will naturally shift into something much broader and more inclusive. The book makes playful use of Zen koans – apparently nonsensical phrases or stories – to help jar us out of habitual ways of perceiving the world and nudge us toward a new perspective of wisdom and compassion.

The celebrated author of *Fahrenheit 451* and *The Martian Chronicles* offers inspiration and insight on finding one's muse and channeling it onto the page. Acclaimed writer of novels and short stories as well as screen- and stage plays, Ray Bradbury has established himself as one of the most legendary voices in science fiction and fantasy. In *Zen in the Art of Writing*, he shares how his unbridled passion



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for creating worlds made him a master of the craft. Part memoir, part philosophical guide, the essays in this book teach the joy of writing. Rather than focusing on the mechanics of putting words together, Bradbury's zen is found in the celebration of storytelling that drove him to write every day. Bringing together eleven essays and a series of poems written with his own unique style and fervor, *Zen in the Art of Writing* is a must read for all prospective writers and Bradbury fans. "Bradbury lovers will find this a Bradbury feast." —Kirkus Reviews

In this engaging and disarmingly frank book, comic Jay Sankey spills the beans, explaining not only how to write and perform stand-up comedy, but how to improve and perfect your work. Much more than a how-to manual *Zen and the Art of Stand-Up Comedy* is the most detailed and comprehensive book on the subject to date.

"Honest, courageous... Williams has committed an act of love."—Alice Walker "A classic."—Jack Kornfield There truly is an art to being here in this world, and like any art, it can be mastered. In this elegant, practical book, Angel Kyodo Williams combines the universal wisdom of Buddhism with an inspirational call for self-acceptance and community empowerment. Written by a woman who grew up facing the challenges that confront African-Americans every day, *Being Black* teaches us how a

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"warrior spirit" of truth and responsibility can be developed into the foundation for real happiness and personal transformation. With her eloquent, hip, and honest perspective, Williams—a Zen priest, social activist, and entrepreneur—shares personal stories, time-tested teachings, and simple guidelines that invite readers of all faiths to step into the freedom of a life lived with fearlessness and grace.

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