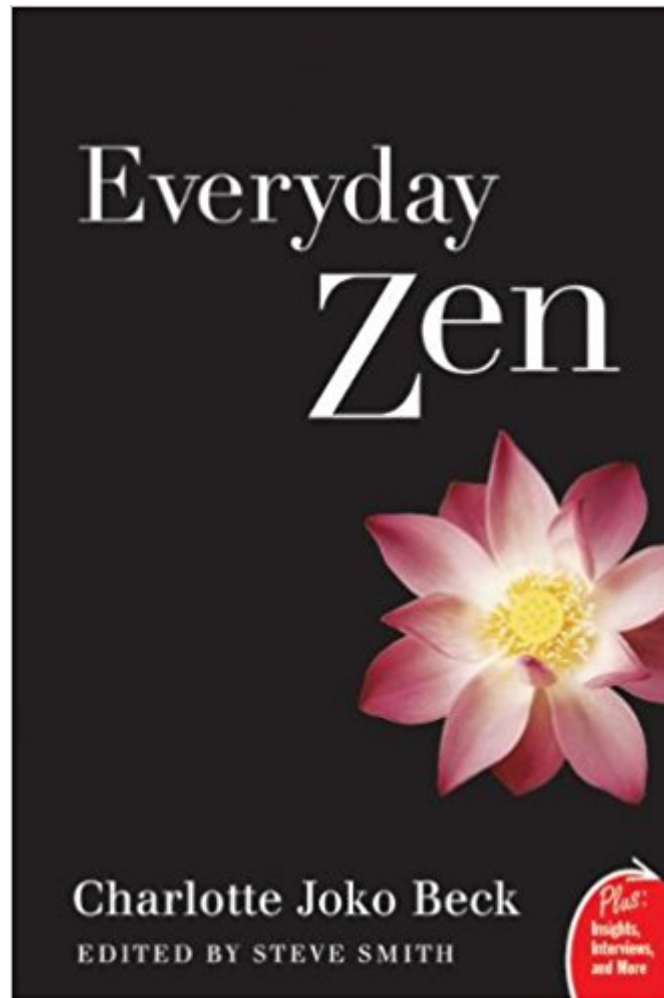




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Everyday Zen: Love And Work (Plus)



Synopsis

Charlotte Joko Beck offers a warm, engaging, uniquely American approach to using Zen to deal with the problems of daily living—love, relationships, work, fear, ambition, and suffering. *Everyday Zen* shows us how to live each moment to the fullest. This Plus edition includes an interview with the author.

Book Information

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“An extraordinary book for ordinary people. It speaks about ultimate matters with ultimate simplicity.” • (Robert Aitken, Roshi, author of *Taking the Path of Zen*) “Deals with the most important spiritual practice of all—how we can live awakened in our daily life.” • (Jack Kornfield, author of *A Path with Heart* and *After the Ecstasy, the Laundry*) “An extraordinary book for ordinary people. It speaks about ultimate matters with ultimate simplicity.” • (David Steindl-Rast, O.S.B., author of *A Listening Heart*)

Charlotte Joko Beck, who passed away in 2011, was the founder and former head teacher at the Zen Center in San Diego.

As someone who's only been reading about Zen Buddhism for a year or two, I found this book to be the best one I bought. The concepts are explained simply, and I read it with yellow highlighter in

hand, so I can now go back over the highlights at my leisure. I like the small paperback size, and take it with me to waiting rooms.

This book is great for beginners of zen. This book is good at introducing zen in a way that westerners can easily understand. If you are at all interested in Zen I cannot recommend this book enough. I knew close to nothing about zen when I started reading this book. Now I think I will look more into practicing and meditating. Zen is really different than what I have been taught growing up a Christian. Getting to know different schools of thought and getting into eastern philosophy can be an enlightening experience. I recommend this book to anyone searching for enlightenment. I wouldn't say this book changed my life but it did give me a different perspective on how to live.

Just what I needed to read when the going got tough for me. A great reading and not only for those who are in search of Zen. This book gives a good description of our human nature and our constant search for the elusive happiness. Short chapters and very readable style. Hits home with every example the writer uses to support her stories. I have marked many passages (I apologize to those who abhor marking a book), but it makes it easier for me to get back to the passages that I need to reread when I forget about my faulty human traits. I keep the book close by and reach for it often.

You don't have to be a habitue of Zen to appreciate Charlotte Beck. Great advice for everyday life. Highly recommended

Snoozefest. This book makes zen living seem as fun as listening to a Yanni album as a jerk tells you all about his opinions.

Very readable and practical piece on how you can deploy the Zen way in your life.

Bought as a gift after loving my copy. Good non cosmic advice for calm thinking

Buy other books on Zen Buddhism. I kept struggling to make it through the final pages of this book, then moved on to other, in my opinion, better books on the subject. Especially toward the final pages of the book, the sentences were either poorly written or were restatements of earlier parts of the book. Some of the sentences made no sense at all. There are other teachers for me.

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