

Zen Computer



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Few people think of computers as tools for spiritual enlightenment, but Philip Toshio Sudo has discovered that they can indeed open a window on a more mindful approach to life. Like the classic Zen and the Art of Motorcycle Maintenance and

Sudo's own Zen Guitar, Zen Computer offers an eye-opening way of looking at life's contradictions and of dealing with a world that is in a constant state of change.

Focusing on the qualities that underlie our interactions with our machines, Sudo reveals the Seven Rules of Zen Computer:

- Expect the unexpected
- It always takes longer than you think
- Do not waste time
- Learn and teach, teach and learn
- Warm heart, cool head
- Do good work
- Know when to turn the machine off

From details as small as when to use the delete key to how to cope with such shattering events as system crashes and viruses, Sudo explains how to harness the power of computers to upgrade our spiritual lives.

作者介绍:

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标签

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评论

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书评

书名：电脑禅 作者：菲利普·利夫·须藤 内容简介：
曾诅咒计算机技术是“灾星”的人有福了！本书讲述的内容将安抚我们的心，让人们了解，尽管置身科技迅猛发展的时代，却仍能为自己创建一方平静的乐土。
作者的语言朴素易懂，将古老禅宗思想与当代数据科技结合应用的方...

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