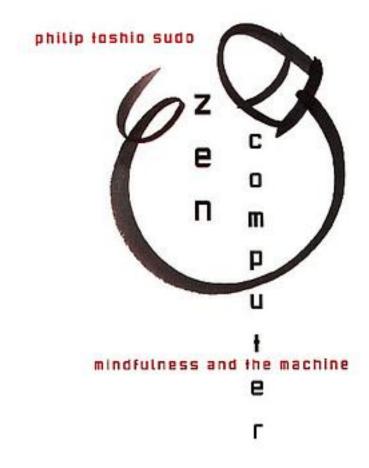
Zen Computer



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著者:Philip Toshio Sudo

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装帧:

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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 livés.

作者介绍:

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