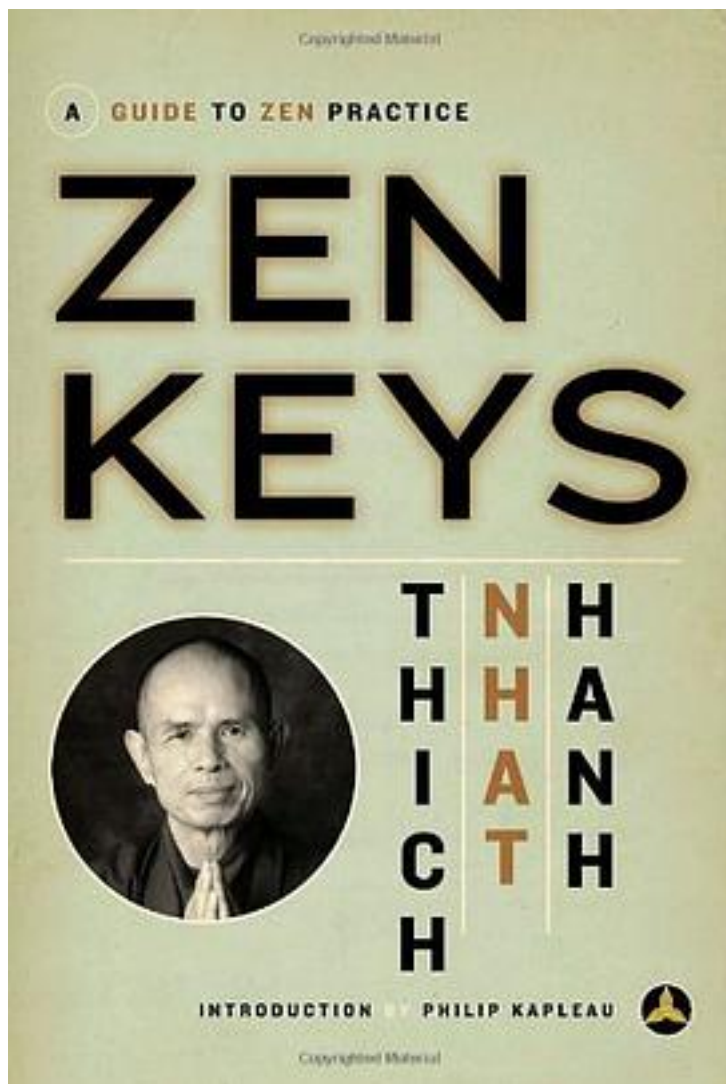


Zen Keys



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Beginning with a discussion of life in a Zen Buddhist monastery, Nobel Peace Prize nominee Thich Nhat Hanh provides a thorough overview of Zen practice, offering readers a clear explanation of the central elements of Zen practice and philosophy, and illustrating the character of Zen as practiced in Vietnam.

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