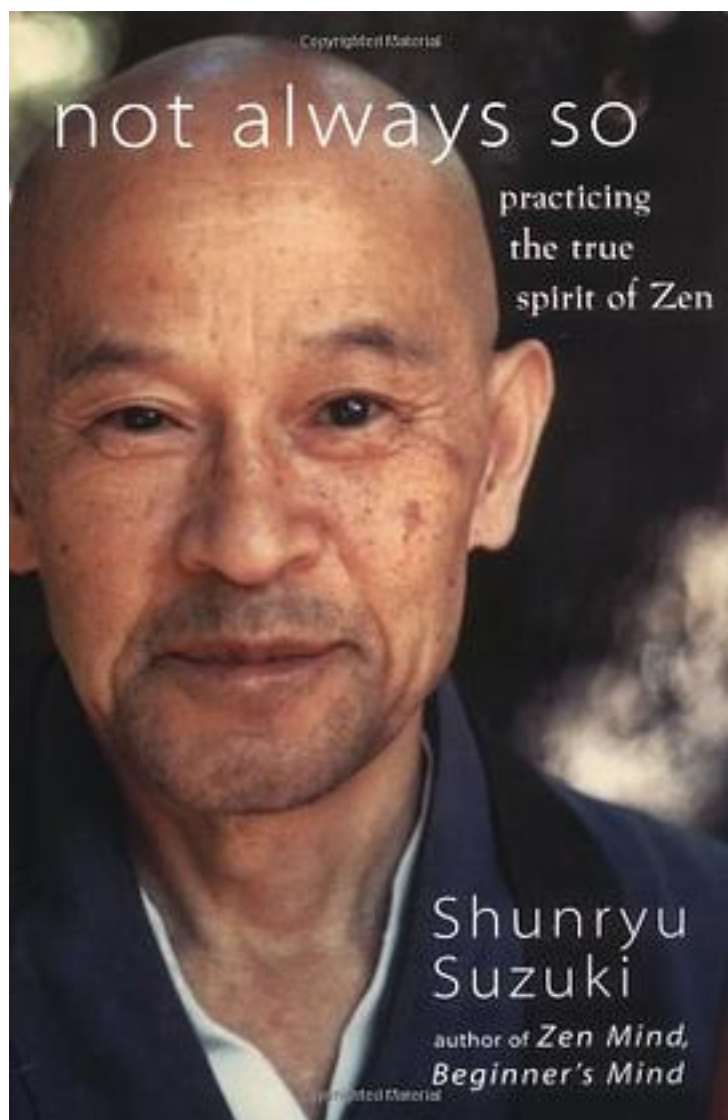


# Not Always So



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著者:Shunryu Suzuki

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Our tendency is to be interested in something that is growing in the garden, not in the bare soil itself. But if you want to have a good harvest, the most important thing is to make the soil rich and cultivate it well. In a beautiful companion volume to Shunryu Suzuki's first book, Zen Mind, Beginner's Mind, this is a collection of thirty-five lectures taken from the last three years of Suzuki's life that has been masterfully edited by Edward Espe Brown, bestselling author and one of Suzuki's students. In Not Always So Shunryu Suzuki voices Zen in everyday language, with humor and good-heartedness. While offering sustenance -- much like a mother or father lending a hand -- Suzuki encourages you to find your own way. Rather than emphasizing specific directions and techniques, his teaching encourages you to touch and know your true heart and to express yourself fully. Wise and inspirational, Not Always So is a wonderful gift for anyone seeking spiritual fulfillment and inner peace.

作者介绍:

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标签

禅

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2011

(English)

# 评论

也许是如此，但不总是如此。不被文字或规矩所拘束缠缚，也没有许多预设的成见

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故事篇幅短小易读，但是读过之后引起人思考的部分不太多。

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# 书评

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