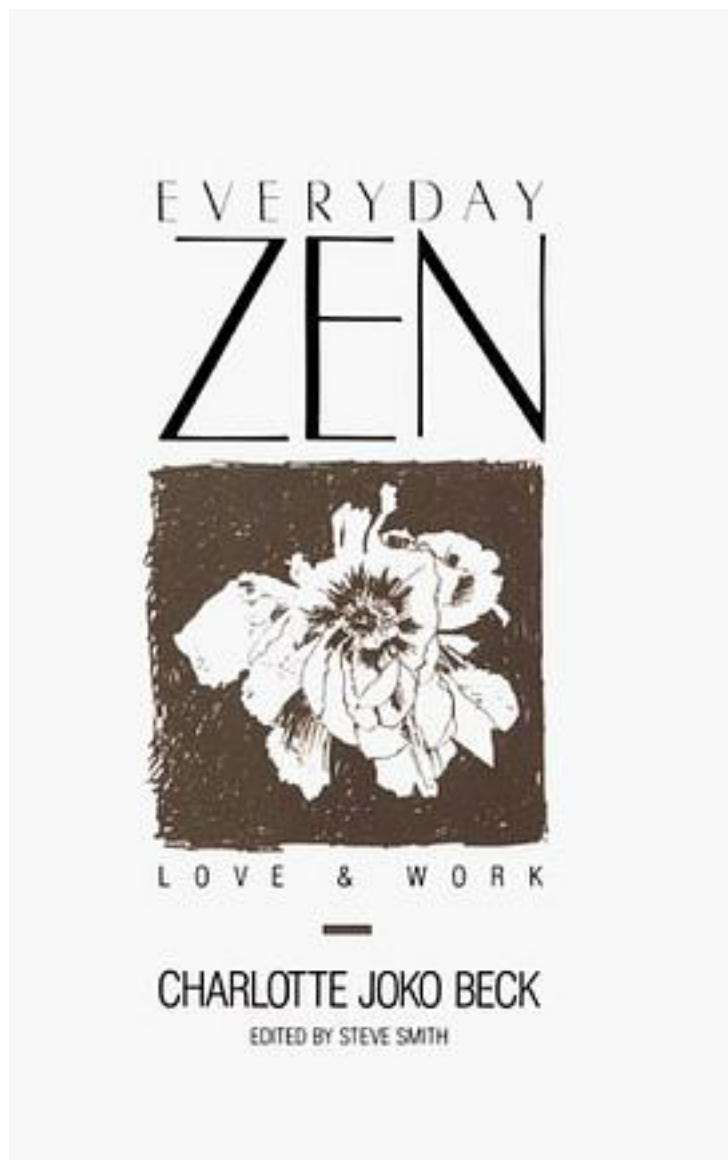


Everyday Zen



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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.

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评论

One of the greatest Zen books -- down to earth and to the point. Will add more quotes from Joko.

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书评

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