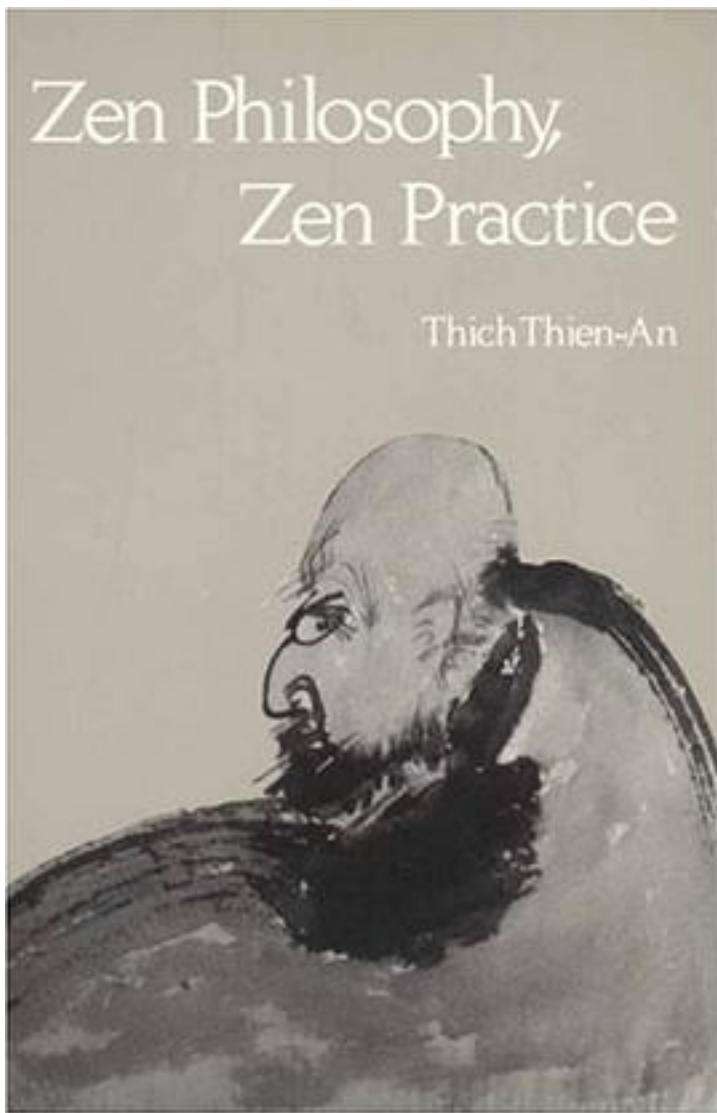


Zen Philosophy, Zen Practice



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An introduction to the theory and practice of Zen Buddhism by a widely respected Vietnamese educator and monk. Each chapter examines a specific topic, such as karma, and ends with a meditation practice.

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