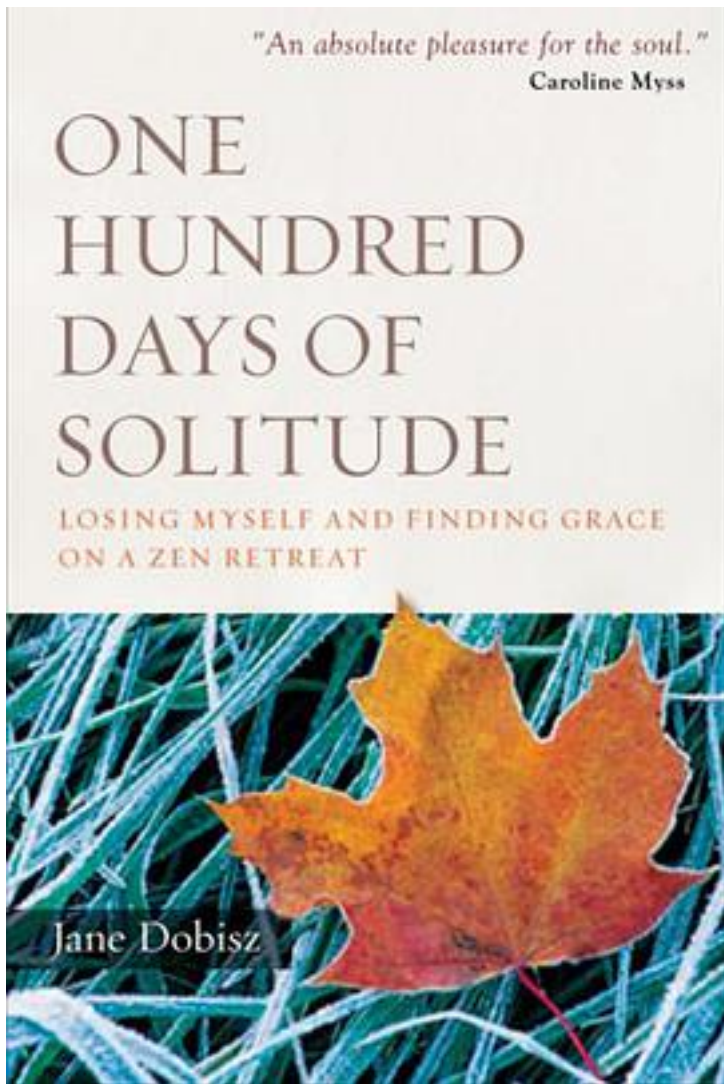


# One Hundred Days of Solitude



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In the middle of winter, Jane Dobisz arrives at a lonely, primitive cabin armed with nothing but modest food supplies and an intensely regimented daily schedule that she thumbtacks to the wall. 3:15 A.M. Wake Up. 3:20 300 Bows. 4:00 Ma. 4:15 Sitting. 4:45 Walking.” And so it goes, for 100 days. Dobisz, inspired by her Korean Zen master’s discipline of long, solitary retreats, has decided to embark on a retreat of her own. The unfolding story of her experience is related here. The suburban-raised Dobisz weaves amusing anecdotes about learning to live a Walden-like existence water comes from a well, wood needs to be chopped with Zen teachings and striking insights into the miracles and foibles of the human mind when there’s nothing on hand to distract it. Entertaining and inspiring, the book is a joyous testament to the benefits that solitude and reflection can bring to all.

作者介绍:

目录:

[One Hundred Days of Solitude\\_ 下载链接1](#)

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