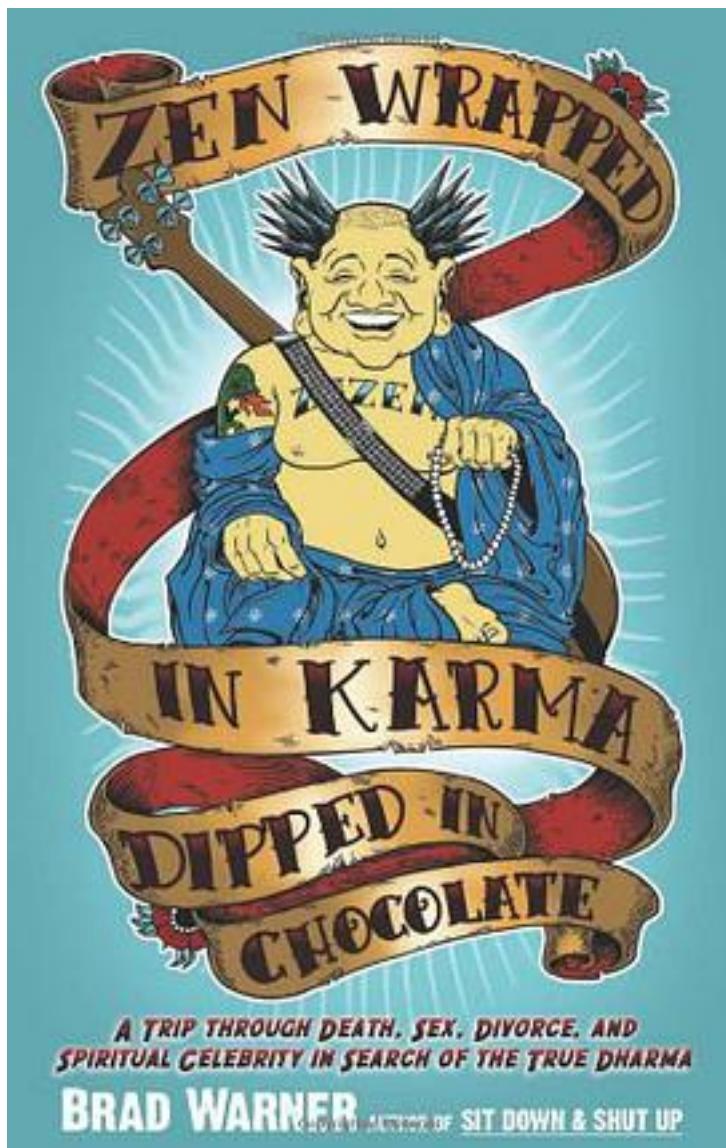


Zen Wrapped in Karma Dipped in Chocolate



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著者:Brad Warner

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How does a real-life Zen master—not the preternaturally calm, cartoonish Zen masters depicted by mainstream culture—help others through hard times when he’s dealing with pain of his own? How does he meditate when the world is crumbling around him? Is meditation a valid response or just another form of escapism? These are the questions Brad Warner ponders in *Zen Wrapped in Karma Dipped in Chocolate*.

During a year that Warner spent giving talks and leading retreats across North America, his mother and grandmother died, he lost his dream job, and his marriage fell apart. In writing about how he applied the Buddha’s teachings to his own real-life suffering, Warner shatters expectations, revealing that Buddhism isn’t some esoteric pie-in-the-sky ultimate solution but an exceptionally practical way to deal with whatever life dishes out.

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