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The Way of Zen is a 1957 non-fiction book on Zen Buddhism and Eastern philosophy by philosopher and religious scholar Alan Watts. It was a bestseller and played a major role in introducing Buddhism to a mostly young, Western audience.

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The Way of Zen - Wikipedia

- The principles and practice of Zen -
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The Way of Zen is a good short introduction to Zen. In the first half of

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the book, Watts explores the Taoist and Buddhist roots of Zen and describes how Zen developed from those roots. In the second half, he tries to illuminate the nature or “ flavor ” of Zen—what it is and how it is taught and practiced.

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present moment, when done
mindfully.

The Way of Zen - UPLIFT

Spirit of Zen is a popularization of
Suzuki ' s earlier works, and besides
being very unscholarly it is in many
respects out of date and misleading,

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whatever merits it may have in the way of lucidity and simplicity.

Christmas Humphreys ' Zen Buddhism, published only in England, is likewise a popularization of Suzuki and, once more,

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Learning 'The Zen Ways' is not difficult, all it needs is an open and alert mind. You don't have to learn any special rituals or memorize large and difficult texts. You can Begin right here and Now ! The key to Zen is attention, so clear your mind and take The Zen Path

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ZenBegin, Live your Life the Zen Way
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After D.T. Suzuki, Alan Watts stands as
the godfather of Zen in America.

Often taken to task for inspiring the
flimsy spontaneity of Beat Zen, Watts
had an undeniably keen

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understanding of his subject. Nowhere is this more evident than in his 1957 classic *The Way of Zen*, which has been reissued. Watts takes the reader back to the philosophical foundations of Zen in the conceptual world of Hinduism, follows Buddhism's course through the

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voice. In this series, Om Swami shares the essence of the Zen Living, combining the various branches of Zen and its associated techniques, to help the listener master the Zen way of life. There are 8 core episodes and 4 Bonus ones covering the following: Zazen, Wall-gazing, Osoji and many

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more to calm and center the mind
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