

Bring Me The Rhinoceros

The authors offer higher-level thinking and reading strategies that promote achievement for all students, with resources to build collaborative literacy, stimulate creativity, develop richer comprehension, and more.

Eclectic and thought-provoking, The Best Buddhist Writing 2008 is the fifth volume in this annual series that brings together the year’s most notable literature, inspired by Buddhist philosophy and practice. Selected by the editors of the Shambhala Sun, North America’s leading Buddhist-inspired magazine, the anthology offers an entertaining mix of writing styles and reflects on a wide range of issues from a Buddhist point of view. The collection includes writings by the Dalai Lama, Pema Chödrön, Sylvia Boorstein, Norman Fischer, Joseph Goldstein, Cyndi Lee and David Nichtern, Natalie Goldberg, Traleg Kyabgon Rinpoche, Mingyur Rinpoche, Dzogchen Ponlop Rinpoche, Thich Nhat Hanh, Sister Chan Khong, Frances Moore Lappé, Charles Johnson, Michael Carroll, Noah Levine, Joanna Macy, Bhikkhu Bodhi, Darlene Cohen, ReginaId Ray and Chokyi Nyima Rinpoche, among others.

Where do we come from? Are we merely a cluster of elementaryparticles in a gigantic world receptacle? And what does it allmean? In this highly original new book, the philosopher Markus Gabrielchallenges our notion of what exists and what it means to exist. Hequestions the idea that there is a world that encompasseseverything like a container life, the universe, and everythingelse. This all-inclusive being does not exist and cannot exist. Forthe world itself is not found in the world. And even when we thinkabout the world, the world about which we think is obviously notidentical with the world in which we think. For, as we are thinkingabout the world, this is only a very small event in the world.Besides this, there are still innumerable other objects and events:rain showers, toothaches and the World Cup. Drawing on the recenthistory of philosophy, Gabriel asserts that the world cannot existat all, because it is not found in the world. Yet with theexception of the world, everything else exists; even unicornson the far side of the moon wearing police uniforms. Revelling in witty thought experiments, word play, and thecourage of provocation, Markus Gabriel demonstrates the necessityof a questioning mind and the role that humour can play in comingto terms with the abyss of human existence.

Thinking Through Questions is an accessible and compact guide to the art of questioning, covering both the use and abuse of questions. Animated by wide-ranging and engaging exercises and examples, the book helps students deepen their understanding of how questions work and what questions do, and builds the skills needed to ask better questions. Cowritten by two of today's leading philosopher-teachers, Thinking Through Questions is specifically designed to complement, connect, and motivate today’s standard curricula, especially for classes in critical thinking, philosophical questioning, and creative problem- solving (called here "expansive questioning"). Offering students a wide and appreciative look at questions and questioning, this small book will also appeal to faculty and students across the disciplines: in college writing courses, creativity workshops, education schools, introductions to college thinking, design thinking projects, and humanities and thinking classes. Open-ended, creative, and critically self-possessed thinking is its constant theme—what field doesn't need more of that?

The Garden of Flowers and Weeds

Mumonkan and Hekiganroku

Secrets of the Blue Cliff Record

Conversation in Mortal Time

Sword Sovereign of Chaos

Elegant Failure

Why the World Does Not Exist

An important collection of 100 classic Zen Buddhist koans with commentaries. A companion to Thomas Cleary's well-respected translation of THE BLUE CLIFF RECORD, this book is the other, equally revered classic collection of koans--the paradoxical teaching devices that have been closely associated with Zen study and practice since the tenth century.

Zen koans are stories of exchanges between Zen masters and their disciples at the moment of enlightenment or near-enlightenment. These stories have long fascinated Western readers because of their wisdom, humor, and enigmatic quality. Drawing on over thirty years of practice and teaching, Richard Shrobe (himself a recognized Zen Master) has selected twenty-two cases from The Blue Cliff Record, Book of Serenity, and Wu-men-kuan that he has found to be deeply meaningful and helpful for meditation practice. In Elegant Failure, he provides a wealth of background information and personal anecdotes for each koan that help to illuminate its meaning without detracting from its paradoxical nature. As Shrobe reminds us, "The main core of Zen teaching is the bare bones of what is there. In a certain sense, embellishing a story takes away from the central teaching: Don't embellish anything, just be with it as it is."

This story is a quest for an animal so rare that a sighting has never been recorded. The Somali golden mole was first described in 1964, but the sole evidence for its existence is a tiny fragment of jawbone found in an owl pellet. Intrigued by this elusive creature, and what it can tell us about extinction and survival, Richard Girling embarks on a hunt to find the animal and its discoverer - an Italian professor who he thinks might still be alive... Richard's journey comes at a time when one species - our own - is having to reconsider its relationship with every other. He delves into the history of exploration and cataloguing and the tall tales of the great hunters, traces the development of the conservation movement and addresses central issues of extinction and biodiversity.

Presents an eclectic collection of Buddhist-inspired writings on a wide range of issues by such contributors as the Dalai Lama, Pema Chodron, and Thich Nhat Hanh.

Two Zen Classics

Collaborative Literacy

Zen Comments by Hakuin and Tenkei

Partners in Liberation

The Open Path

Having Once Paused

A Guide to Zen Koans

A selection of the finest spiritual writing of the year offers essays and articles on faith, spirituality, and their influence on politics, creativity, literature, and other fields, reflecting Christian, Muslim, Jewish, Buddhist, and other diverse perspectives.

“A warm, profound and clear-eyed memoir. . . this wise and sympathetic book’s lingering effect is as a reminder that a deeper and more companionable way of life lurks behind our self-serious stories.”—Oliver Burkeman, New York Times Book Review
A remarkable exploration of the therapeutic relationship, Dr. Mark Epstein reflects on one year’s worth of therapy sessions with his patients to observe how his training in Western psychotherapy and his equally long investigation into Buddhism, in tandem, led to greater awareness—for his patients, and for himself
For years, Dr. Mark Epstein kept his beliefs as a Buddhist separate from his work as a psychiatrist. Content to use his training in mindfulness as a private resource, he trusted that the Buddhist influence could, and should, remain invisible. But as he became more forthcoming with his patients about his personal spiritual leanings, he was surprised to learn how many were eager to learn more. The divisions between the psychological, emotional, and the spiritual, he soon realized, were not as distinct as one might think. In The Zen of Therapy, Dr. Epstein reflects on a year’s worth of selected sessions with his patients and observes how, in the incidental details of a given hour, his Buddhist background influences the way he works. Meditation and psychotherapy each encourage a willingness to face life’s difficulties with courage that can be hard to otherwise muster, and in this cross-section of life in his office, he emphasizes how therapy, an element of Western medicine, can in fact be considered a two-person meditation. Mindfulness, too, much like a good therapist, can “hold” our awareness for us—and allow us to come to our senses and find inner peace. Throughout this deeply personal inquiry, one which weaves together the wisdom of two worlds, Dr. Epstein illuminates the therapy relationship as spiritual friendship, and reveals how a therapist can help patients cultivate the sense that there is something magical, something wonderful, and something to trust running through our lives, no matter how fraught they have been or might become. For when we realize how readily we have misinterpreted our selves, when we stop clinging to our falsely conceived constructs, when we touch the ground of being, we come home.

As part of the Zen tradition, this collection of koans is accompanied by insightful words of wisdom on the lessons that each koan can teach about how to find peace, joy, and fulfillment in every moment of life. Reprint. 15,000 first printing.

Tales from a Charmed Life is the last in a trilogy of works by Hildred Geertz exploring the complexity of Balinese history, religion, and society. A landmark study by one of the most distinguished anthropologists of Indonesia, it centers around the stories and paintings of Ida Bagus Madé Togog (1913–1989), an artist and ritual specialist who played a significant role in the history of Balinese ethnography. In the 1930s, Togog was central to Mead and Bateson’s pioneering studies of "Balinese character" and came under the influence of expatriate artists Walter Spies and Rudolf Bonnet to emerge as a major representative of the Batuan style of painting. Togog’s art and anecdotal stories of his most memorable life experiences are here interwoven with Geertz’s illuminating commentary to construct an innovative framework for understanding Balinese culture. Togog shares stories of his early life, relating dilemmas from his childhood and youth. Growing up in the wake of Dutch colonization, he came into contact with new languages, customs, and economic opportunities that presented him with puzzling and poignant experiences. He tells of his association with Spies and Bonnet and later Mead and Bateson and his role in the creation of a genre of painting for which Bali is now famous. This is a view of Bali from the inside—a vivid, highly personal look at a world where spirits, ancestors, and sorcerers have the power to intervene in one’s life. According to Togog, who narrowly escaped death numerous times, his was indeed a “charmed life.” The other volumes in the trilogy are The Life of a Balinese Temple: Artistry, Imagination, and History in a Peasant Village (2004) and Images of Power: Balinese Paintings Made for Gregory Bateson and Margaret Mead (1994).

Dharma, Karma und das pralle Leben

Zen Master Dogen’s Shobo Genzo

Hooked!

Book of Serenity

Keep Me in Your Heart a While

The Great Spring

The Gateless Gate and The Blue Cliff Records

Our brains seek order and resist the unexpected, inconsistent, and counterintuitive. But life is more often paradoxical than predictable — which is why formulas for fulfillment and success often fail. Instead of fighting the tide of contradiction and confusion, Marc Lesser asserts, we can learn to understand and even embrace them using the simple tools he presents in these pages. Readers learn to master five core competencies: Know Yourself, Forget Yourself; Be Confident, Question Everything; Fight for Change, Accept What Is; Embrace Emotion, Embody Equanimity; and Benefit Others, Benefit Yourself. The result is balance, a version of Buddhism’s “middle way,” which prompts understanding of what is required in any given moment and actions through which we skillfully “dance” with paradox in enriching and joyful ways. Bolstered by the latest in neuroscience, this guide is nuanced and direct, profound and practical. The strange verbal paradoxes called koans have been used traditionally in Zen training to help students attain a direct realization of truths inexpressible in words. The two works translated in this book, Mumonkan (The Gateless Gate) and Hekiganroku (The Blue Cliff Record), both compiled during the Song dynasty in China, are the best known and most frequently studied koan collections, and are classics of Zen literature. They are still used today in a variety of practice lineages, from traditional zendos to modern Zen centers. In a completely new translation, together with original commentaries, the well-known Zen teacher Katsuki Sekida brings to these works the same fresh and pragmatic approach that made his Zen Training so successful. The insights of a lifetime of Zen practice and his familiarity with both Eastern and Western ways of thinking make him an ideal interpreter of these texts.

At one time or another, most of us have experienced an all-consuming desire for a material object, a desire so strong that it seems like we couldn't possibly be happy without buying this thing. Yet, when we give in to this impulse, we often find ourselves feeling frustrated and empty. Advertisers, of course, aim to hook us in this way, and, from a global perspective, our tendency to get hooked fuels the rampant over-consumption that is having a devastating impact on the world's stability and on the environment. According to the contributors to this unique anthology, Buddhism can shed valuable light on our compulsions to consume. Craving and attachment—how they arise and how to free ourselves of them—are central themes of Buddhist thought. The writings in this volume, most of which have never been previously published, offer fresh perspectives and much-needed correctives to our society's tendency to believe that having more will make us happier. Hooked! includes a range of writings on how to apply Buddhist thought and ethics to understand and combat the problem of over-consumption as individuals and collectively. Contributors include popular Western teachers, Asian masters, scholars, and practitioners such as:

- Pema Chödrön—on what is actually happening at the moment we're "hooked," and how to get beyond that.
- Joseph Goldstein—on how mindfulness training can help us stop "wanting to want."
- Bhikshuni Thubten Chödrön—on how consumer mentality influences spiritual practice.
- Judith Simmer-Brown—on how cultivating spiritually based activism and compassionate action can help us address the negative effects of consumerism.
- Rita Gross—on how understanding moderation can curb overconsumption.
- Santikaro Bhikkhu—on practicing generosity in a consumer world.

Zen Masters of China presents more than 300 traditional Zen stories and koans, far more than any other collection. Retelling them in their proper place in Zen's historical journey through Buddhist Chinese culture, it also tells a larger story: how, in taking the first step east from India to China, Buddhism began to be Zen. The stories of Zen are unlike any other writing, religious or otherwise. Used for centuries by Zen teachers as aids to bring about or deepen the experience of awakening, they have a freshness that goes beyond religious practice and a mystery and authenticity that appeal to a wide range of readers. Placed in chronological order, these stories tell the story of Zen itself, how it traveled from West to East with each Zen master to the next, but also how it was transformed in that journey, from an Indian practice to something different in Chinese Buddhism (Ch'an) and then more different still in Japan (Zen). The fact that its transmission was so human, from teacher to student in a long chain from West to East, meant that the cultures it passed through inevitably changed it. Zen Masters of China is first and foremost a collection of mind-bending Zen stories and their wisdom. More than that, without academic pretensions or baggage, it recounts the genealogy of Zen Buddhism in China and, through koan and story, illuminates how Zen became what it is today.

The Hunt for the Golden Mole

Illuminating Classic Zen Koans

Tricycle

Five Truths to Transform Your Work, Relationships, and Everyday Life

The Best American Spiritual Writing 2008

A New Translation and Commentary on The Blue Cliff Record

Tales From a Charmed Life

In the vast universe, there were tens of thousands of races, constantly battling! Throughout history, countless races have risen and declined ... At the edge of the universe, in the Star Domain, there was a star covered by an array formation. Its name was Jiu Xiao, and it was the last pure land of humanity's cultivation civilization. A impoverished youth with a chivalrous dream coincidentally came to the Nine Nether Continent through the starry sky and began a miraculous journey that could make one cry ... [Close]

The Blue Cliff Record is a translation of the Pi Yen Lu, a collection of one hundred famous Zen koans accompanied by commentaries and verses from the teachings of Chinese Zen masters. Compiled in the twelfth century, it is considered one of the great treasures of Zen literature and an essential study manual for students of Zen.

"Main themes: Radical changes in appearance and life interrupts dying on schedule. This is the first meeting we recorded and the last in the Comprehensive Cancer Center clinic. The primary theme is readiness for the next step toward death and frustration at its delay. Nell's physical status is declining rapidly; it is hard for her to get in and out of a car and to walk. Her body is visibly deteriorating, plodding toward death. This is the first time she speaks in depth about the dramatic, frightening changes she sees in her body"--

"What a wonderful book! Jeremy Safran has assembled an absolutely stellar group of writers and has himself contributed an illuminating introduction. The essays are riveting and the book is the rare edited collection with real thematic unity. If you think you might have an interest in the intersection of psychoanalysis and Buddhism, this is the place to start. If you already know you're interested, once you look at the table of contents you'll find (at least I did) that you want to let Psychoanalysis and Buddhism displace whatever you were going to read next."--Donnel B. Stern, PhD, author of Unformulated Experience and editor of Contemporary Psychoanalysis

Using Gifted Strategies to Enrich Learning for Every Student

Uncovering a Hidden Kindness in Life

And Other Zen Koans That Will Save Your Life

And Other Zen Koans to Bring You Joy

Volume 4

Taking the Path of Zen

Writing, Zen, and This Zigzag Life

Dieses Buch führt uns zur direkten Erkenntnis nicht-dualistischen Gewahrseins als Essenz eines spirituellen Erwachens, das frei ist von den Verpflichtungen und dem kulturellen Kontext einer bestimmten Religion. Der Autor bietet den Lesern bei der Einführung in nichtdualistisches Gewahrsein eine klare und sich Schritt für Schritt vollziehende Unterstützung — weit weg von jedem Sektierertum. Bei diesem Prozess werden die Strukturen der Konzepte angegangen, die sich die Leser von sich selbst machen, und die Frische dieser Erkenntnis offenbart sich im Leben jedes Einzelnen von ihnen.

Bring Me the Rhinoceros is an unusual guide to happiness and a can opener for your thinking. For fifteen hundred years, Zen koans have been passed down through generations of masters, usually in private encounters between teacher and student. This book deftly retells more than a dozen traditional koans, which are partly paradoxical questions dangerous to your beliefs and partly treasure boxes of ancient wisdom. Koans show that you don’t have to impress people or change into an improved, more polished version of yourself. Instead you can find happiness by unbuilding, unmaking, throwing overboard, and generally subverting unhappiness. John Tarrant brings the heart of the koan tradition out into the open, reminding us that the old wisdom remains as vital as ever, a deep resource available to anyone in any place or time.

From beloved writing teacher and author of the best-selling Writing Down the Bones: a treasury of personal stories reflecting a life filled with journeys—inner and outer—zigzagging around the world and home again. Here, Natalie Goldberg, "a writer both energized and enlightened" (Julia Cameron), shares those vivid moments that have wakened her to new ways of being. We follow alongside her mapless meanderings in the New Mexican desert and her pilgrimages to Bob Dylan’s birthplace and to Larry McMurtry’s dusty Texas ghost town of rare books. We feel her deep hunger while she sits zazen in a monastery in Japan, and her profound loss when she hears of the passing of a dear friend while teaching in the French countryside. Through it all, she remains grounded in a life informed by two constants: the practices of writing and of Zen. With humor and insight, Natalie encircles around the essential questions these paths compel her toward:Where does this life lead? Who are we? This is a book to be relished one awakening at a time. Each story is a reminder that no matter how hard the situation or desolate you may feel, spring will come again, breaking through a cold winter, bringing early yellow forsythia flowers. And the Great Spring of enlightenment—that sudden rush of acceptance, pain cracking open, obstructions shattering—will also burst forth. There is a fine art to presenting complex ideas with simplicity and insight, in a manner that both guides and inspires. In Taking the Path of Zen Robert Aitken presents the practice, lifestyle, rationale, and ideology of Zen Buddhism with remarkable clarity. The foundation of Zen is the practice of zazen, or mediation, and Aitken Roshi insists that everything flows from the center. He discusses correct breathing, posture, routine, teacher-student relations, and koan study, as well as common problems and milestones encountered in the process. Throughout the book the author returns to zazen, offering further advice and more advanced techniques. The orientation extends to various religious attitudes and includes detailed discussions of the Three Treasures and the Ten Precepts of Zen Buddhism. Taking the Path of Zen will serve as orientation and guide for anyone who is drawn to the ways of Zen, from the simply curious to the serious Zen student.

Bring Me the Rhinoceros

Zen and Psychotherapy

Poems of Zen Master Ikkyu (1394-1481)

Der Weg ins offene Gewahrsein

A Balinese Painter Reminisces

The Nell Dialogues

The Blue Cliff Record

After the bliss and emptiness we might be lucky enough to experience along our spiritual path, what’s left are the karmic knots of conditioning that still need to be undone if we are going to be of any genuine help to anybody. Untying them is the work of spiritual warriors: that is, all of us. The seven factors of enlightenment are a means to loosen these knots, all the while keeping us upright in investigation of phenomena, energetic effort, ease, joy, concentration, and equanimity. In Close to the Ground, longtime Buddhist teacher Geri Larkin tells stories from her own life to illuminate some of the gifts that these factors bring. Because she refuses to be anything special, Larkin’s stories are all of our stories—her humor, all of our humor, her heartbreaks, all of our heartbreaks. In reading, we find more tools that can help with this work of life and death than you thought.

One of the great pioneers of Zen in America, Dainin Katagiri had a teaching style that was at once powerful, gentle, and sometimes even casual. For his student, Dosho Mike Port, some of Katagiri’s most profound teachings came in the simple moments of everyday interactions. Keep Me in Your Heart a While is built around a series of these vivid, truth-revealing incidents that evoke the feel of an encounter with Katagiri and unfolds from there, touching on subjects such as the nature and the purpose of Zen, the dynamic and working of realization, and the evolving relationship between teacher and student. In sharing what it was like to train with one of the first generation of American Zen teachers, Dosho Mike Port preserves and revitalizes this incredible path, making it available to the rest of us.

Three frogs are sitting on a log. Two decide to jump. How many frogs are left? Three. Deciding to jump means nothing. Action is everything. Poignant stories, parables, and quotes can not only bring life to a sermon, speech, or presentation, they can help the hearers to take flight and go from listeners to doers.

The strange verbal paradoxes called koans have been used in Zen training to help students attain a direct realization of truths inexpressible in words. The two works translated in this book, Mumonkan (Gateless Gate) and Hekiganroku (Blue Cliff Record), both compiled during the Song dynasty in China, are the best known and most frequently studied koan collections, and are classics of Zen literature.

With original commentaries, Katsuki Sekida brings to these works the same fresh and pragmatic approach that made his Zen Training so successful. The insights of a lifetime of Zen practice and his familiarity with Western as well as Eastern ways of thinking make him an ideal interpreter of these texts

Zen’s Chinese Heritage

Triffst Du Buddha an der Bar...gib ihm einen aus

Psychoanalysis and Buddhism

Close to the Ground

Illustrations

Treasury of the True Dharma Eye

stories, parables, and quotes for preachers, teachers, and other public speakers

The complete English translation of one of the great Zen classics and works of Japanese literature, by the founder of the Soto school—now in a single volume Treasury of the True Dharma Eye (Shobo Genzo, in Japanese) is a monumental work, considered to be one of the profoundest expressions of Zen wisdom ever put on paper, and also the most outstanding literary and philosophical work of Japan. It is a collection of essays by Eihei Dogen (1200-1253), founder of Zen’s Soto school. Kazuaki Tanahashi and a team of translators that represent a Who’s Who of American Zen have produced a translation of the great work that combines accuracy with a deep understanding of Dogen’s voice and literary gifts. This edition includes a wealth of materials to aid understanding, including maps, lineage charts, a bibliography, and an exhaustive glossary of names and terms—and, as a bonus, the most renowned of all Dogen’s essays, “Recommending Zazen to All People.”

“An intriguing, challenging crash course in Zen Buddhism.” — Kirkus Reviews "A generation-defining rendering of one of the great Zen Buddhist scriptures." — Spirituality and Practice For centuries, The Blue Cliff Record has stood as one of the preeminent scriptures of the Zen Buddhist tradition in China, Japan, and Korea. However, until now there has been no published commentary by a contemporary Zen Master to assist readers in understanding its counterintuitive and sometimes baffling teachings. The Garden of Flowers and Weeds draws on contemporary scholarship and the author’s extensive experience with Zen in order to offer new insights for sophisticated students who are hoping to uncover the secrets of the koan tradition. At the same time, The Garden is jargon-free and uses personal stories to appeal to readers who are new to Buddhism. The theme of the book is simple: Accepting the unenlightened self with all its flaws is the most profound form of enlightenment. Even with this clarity, finding a path into these old Zen stories is a challenge. They are designed to be roadblocks to intellectual understanding. Using personal memoire, the oral teachings of Zen, and meditation instruction, The Garden assists the reader in approaching the dialogues as spiritual exercises. The Blue Cliff Record contains an explosive power, but you can only access it by integrating its wisdom into your everyday experiences. As Zen Master Nanquan said, “Ordinary mind is the Way.”

The Blue Cliff Record is a classic text of Zen Buddhism, designed to assist in the activation of dormant human potential. The core of this extraordinary work is a collection of one hundred traditional citations and stories, selected for their ability to bring about insight and enlightenment. These vignettes are known as gongan in Chinese and koan in Japanese. Secrets of the Blue Cliff Record is a fresh translation featuring newly translated commentary from two of the greatest Zen masters of early modern Japan, Hakuin Ekaku (1685-1768) of the Rinzai sect of Zen and Tenkei Denson (1648-1735) of the Soto sect of Zen. This translation and commentary on The Blue Cliff Record sheds new light on the meaning of this central Zen text.

"An indispensable reference. Ferguson has given us an impeccable and very readable translation."---John Daido Loori --

All Creatures Great and Small, and Why They Matter

The Masters and Their Teachings

The Zen of Therapy

Zen Masters Of China

The Best Buddhist Writing 2008

The First Step East

The Haunting Zen of Dainin Katagiri

A thought-provoking collection of Zen koans culls the wisdom of this influential brand of Buddhism to present a series of "teaching stories" that present spiritual wisdom in interesting ways. Original.

As part of the Zen tradition, this collection of koans is accompanied by insightful words of wisdom on the lessons that each koan can teach about how to find peace, joy, and fulfillment in every moment of life. 25,000 first printing.

A volume of selected poems by Zen Master Ikkyu Sojun (1394–1481), translated into English

A new take on the interplay of emotional and spiritual development. “Please read this book. Joseph Bobrow is a true meditation teacher who walks his talk and enjoys his practice.”—Thich Nhat Hanh This book is an intimate dialogue that examines the interplay of emotional and spiritual development through the lens of

Zen Buddhism and psychotherapy. Zen and Psychotherapy artfully illuminates the intrinsic connections between the two practices, and demonstrates how the traditions can be complementary in helping to live a truly fulfilled and contented life. Zen teacher and psychologist Joseph Bobrow deftly shows how the major themes of trauma, attachment, emotional communication, and emotional regulation play out in the context of Zen and of psychotherapeutic practice, and how, in concert, both provide a comprehensive, interactive model of fully functioning human life.

Reflections on the Seven Factors of Enlightenment

The Best Buddhist Writing 2006

The Whisper Within: Zen and Self

The Book of Equanimity

Know Yourself, Forget Yourself

And Other Zen Koans that Will Save Your Life

Thinking Through Questions