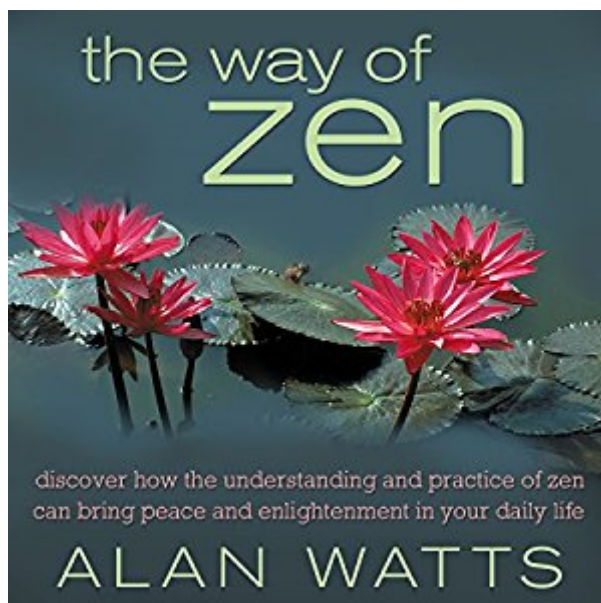


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# The Way Of Zen



## Synopsis

Discover how the understanding and practice of Zen can bring peace and enlightenment into your daily life in this classic work. Narrated by Sean Runnette, this audio program presents Alan Watts's classic bestseller, introducing Western listeners to Zen Buddhism and elaborating on the key concepts including: The history of Zen The principles and practice of Zen The tradition of Za-Zen (meditation) and the Koan The integration of Zen into every aspect of life The Way of Zen presents an understandable, inspirational, and spiritually rewarding exploration of Zen Buddhism-a way of liberation-that may be one of the most precious gifts of Asia to the world.

## Book Information

Audible Audio Edition

Listening Length: 7 hours 19 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Macmillan Audio

Audible.com Release Date: January 27, 2015

Language: English

ASIN: B00SA03LKI

Best Sellers Rank: #12 in Books > Politics & Social Sciences > Philosophy > Eastern > Taoism

#18 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions

#20 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality

## Customer Reviews

Of those available in English, this is still the outstanding combination of introduction, history and guide to Buddhism. What makes it so memorable - and yes, inspiring - are the elegance and clarity of the writing, the depth of scholarship and breadth of coverage. It is wonderfully readable without ever glossing over the complexity and profundity of the ideas presented or the historical, cultural and linguistic challenges of interpretation and translation. This is a remarkable achievement. One gets the feeling that Alan Watts understood his readership as well as he understood what he was writing about. He was in effect writing for and about both. Highly recommended

Purchased this book for my husband for Christmas and he loves it (and he's a very picky reader.) Having him tell me that he loves this book is enough for me to know that it's worthy of purchase. I

have since learned, Alan W. Watts is one of his favorite authors.

Pros: The author has a great depth of research. Reading this book I learned so much I didn't know before about Buddhism in general and Zen Buddhism in particular. Cons: Most of the book concerns the duality of the illusory world (which comes to us through our bodily senses and mind) and the Oneness of awakening or satori (the indescribable realization that reality is a veneer, that all things are the Buddha and the Buddha is all things). This is admittedly a very difficult concept to fully grasp, even at an artificial level (since by definition one cannot "grasp" satori). However, once I grew comfortable with the idea, I found the book to be rather repetitive. Besides some interesting digressions on zazen and sumi artwork, the rest of the book seemed unnecessary, as all things tied in to the central idea. But perhaps this was Watts' point. Once my Unborn mind no longer spontaneously compelled me to read onward, I should have simply put down his book and picked up any other which struck my fancy.

Love Watts. Runnette is an easy listening ..non-intrusive reader/narrator. Don't allow the snooty comments by these 20 year old "experts" dissuade you from buying this..or the book of the same name. If you don't gain knowledge and enlightenment from the brilliant, insightful mind of Alan Watts..it is you who have the problem

Essential reading for anyone practicing Zen. Probably not the best for noobs, but as your practice deepens you'll definitely want to add it to your library.

This is one of my favorite books about Zen Buddhism. If you are looking to learn about it as a beginner, Watts was the quintessential teacher as he was able to convey sometimes confusing and complicated concepts in layman terms that anyone can absorb. I highly recommend this book for anyone who is even a little bit curious about Zen Buddhism.

This is where you come when the time is right for you to gain deeper information on Zen

Alan Watts ,while an acquired taste,is special.

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