The Dude And The Zen Master

Academy Award winning actor, Jeff Bridges is widely adored and a jewel of American cinema with dozens of leading credits to his name. For more than 30 years, on numerous film sets, Bridges, with his specialized panoramic camera, a Widelux F8, has captured behind-the-scenes views of the creative world of moviemaking. Now after 16 years since his first collection of photography comes Volume 2. Taking pictures of co-workers on the job results in compelling photographs especially when those people include the likes of Meryl Streep, Robert Duvall, Julianne Moore, Robert Downey Jr. and Matt Damon among others. Unique photos from his earlier work were first shared in Pictures- Jeff Bridges (powerHouse Books, 2003). Now, drawing on his most recent film work, Pictures Volume 2 expands on Bridges' intimate vision of Hollywood behind-the-scenes. Included within are rare looks at the famed actors, top directors, talented costumers and makeup artists, skilled and creative set and art decoration and the entire passionate crew involved in such memorable movies as True Grit, Crazy Heart, The Giver, TRON- Legacy, and Hell or High Water. Together, these pictures provide glimpses of the art, craft, and sleight of hand behind the magic of motion pictures. Pictures Volume 2 also celebrates Bridges' mastery of the special effects made possible with the distinctive Widelux panoramic camera. With Jeff Bridges' hand-written commentary and captions throughout, Pictures Volume 2 is an exciting addition to what artist Richard Misrach called the "formally intelligent and emotionally incisive" photographs of his first book. Jeff Bridges' proceeds from Pictures Volume 2 will be donated to the Motion Picture & Television Fund, a nonprofit organization that offers charitable care and support to film-industry workers.

A forefront Buddhist authority introduces readers to the essential teachings of ninth-century Zen master Lin Chi, addressing key practices within Mahayana Buddhism to counsel readers on how to awaken and realize their inner potential. Original.

A dialogue between the actor and his long-time spiritual guru explores the challenges of Bridges' Hollywood career and the ways in which Zen teachings have informed his efforts to do good in the modern world.

"[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth." –His Holiness The Dalai Lama Nominated by Martin Luther King, Jr. for a Nobel Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. It was under the bodhi tree in India twenty-five centuries ago that Buddha achieved the insight that three states of mind were the source of all our unhappiness: wrong knowing, obsessive desire, and anger. All are difficult, but in one instant of anger—one of the most powerful emotions—lives can be ruined, and health and spiritual development can be destroyed. With exquisite simplicity, Buddhist monk and Vietnam refugee Thich Nhat Hanh gives tools and advice for transforming relationships, focusing energy, and rejuvenating those parts of ourselves that have been laid waste by anger. His extraordinary wisdom can transform your life and the lives of the people you love, and in the words of Thich Nhat Hanh, can give each reader the power "to change everything."

Keeping Your Mind Limber with Abiding Wisdom

A Zen Master's Lessons in Making Peace

Zen Meditation in Plain English

The Dude De Ching

The Book of Equanimity

Dude and the Zen Master

With the possibility of a "Big Lebowski" sequel on the horizon, Dudeism continues to grow as the Number One religion based on a Jeff Bridges movie, we welcome the second in a series of books for children to answer the simple question "Do You Abide?" Little Finnegan is back, and this time he learns what it takes to ABIDE, and how easy it really is. For those looking for more answers on the subject of Dude or Dudeism, please visit the Church of the Latter-Day Dude at http: //dudeism.com/

Ask any father, or any daughter--the relationship between dads and daughters is special, and vitally important. To a whole generation of filmgoers, Jeff Bridges is "the Dude," but to a more important group of people he is "Dad." The actor-musician-artist and one of his real-life daughters have teamed up to produce a book to inspire fathers and daughters--and whole families--to find the joy and closeness in their relationships. When Belle announces to Dad that this day is "Daddy Daughter Day," it sparks a series of adventures that turns the house and the backyard into a clay work shop, a beauty parlor, and even a circus, with Mom and little brother Sammie getting involved! Written by Isabelle Bridges-Boesch, and illustrated by Jeff himself, this is a book for daughters, fathers, and families to treasure all their lives!

The Dude and the Zen MasterPenguin

With its simple, straightforward voice, Beginner Zen is an accessible introduction to the transformative benefits of Zen, from enhanced athletic performance to inner peace. This is a conversation about Zen in a language that everyone can understand.

The Zen Book

Zen and Gone

Poems of Zen Master Ikkyu (1394-1481)

An Unusually Hardcore Dharma Book - Revised and Expanded Edition

Anger

The perfect gift for fans of The Big Lebowski, Jeff Bridges's "The Dude", and anyone who could use more Zen in their lives. Zen Master Bernie Glassman compares Jeff Bridges's iconic role in The Big Lebowski to a Lamed-Vavnik: one of the men in Jewish mysticism who are "simple and unassuming," and "so good that on account of them God lets the world go on." Jeff puts it another way. "The wonderful thing about the Dude is that he'd always rather hug it out than slug it out." For more than a decade, Academy Award-winning actor Jeff Bridges and his Buddhist teacher, renowned Roshi Bernie Glassman, have been close friends. Inspiring and often hilarious, The Dude and the Zen Master captures their freewheeling dialogue and remarkable humanism in a book that reminds us of the importance of doing good in a difficult world.

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

Celebrate the Dude with an abiding look at the philosophy behind The Big Lebowski Is the Dude a bowling-loving stoner or a philosophical genius living the good life? Naturally, it's the latter, and The Big Lebowski and Philosophy explains why. Enlisting the help of great thinkers like Plato and Nietzsche, the book explores the movie's hidden philosophical layers, cultural reflection, and political commentary. It also answers key questions, including: The Dude abides, but is abiding a virtue? Is the Dude an Americanized version of the Taoist way of life? How does The Big Lebowski illustrate the Just War Theory? How does bowling help Donny, Walter, and the Dude oppose nihilism? Yes, the Dude is deep, and so is this book. Don't watch the movie—or go to Lebowski Fest—without it. Explores many of The Big Lebowski's key themes, such as nihilism, war and politics, money and materialism, idealism and morality, history, and more Gives you new perspective on the movie's characters—the Dude, the Big Lebowski, Walter Sobchak, Donny, Maude Lebowski, Bunny Lebowski, and others Helps you appreciate the Coen Brothers classic even more with the insights of Aristotle, Epicurus, Kant, Derrida, and other philosophical heavyweights

An excellent, practical introduction to Zen meditation. Written in a warm and easily accessible style, the book appeals to anyone with an interest in meditation, Zen, or, as is often the case today, a combination of the two. The book emphasizes the importance of receiving good instruction and of finding groups to practice with, yet it lays out the necessary steps to practice Zen meditation on your own. The book includes easily followed exercises to help the reader along. For anyone looking to uncover a clear and insightful path into the philosophy and practice of Zen meditation, this book represents the culmination of that search

Sit Down and Shut Up

A Zen Master's Lessons in Living a Life That Matters

The Compass of Zen

Instructions to the Cook

Turning the Mind Into an Ally

Beginner Zen

NOTE: This is a new annotated version of the Dudeist classic, containing 81 essays explaining each verse. The Dude De Ching is an interpretation of the Tao Te Ching for followers of Dudeism. This is a brand new version, completely re-written, with a new translation of the Tao Te Ching, and new illustrations. This funny and inspiring book of spiritual lessons will help you take it easy and abide in the face of any gutterballs that are thrown your way. Each verse is followed by the original verse from the Tao Te Ching to help show the similarity between Dudeism and Taoism. Dudeism is an authentic religion with nearly 400,000 ordained "Dudeist Priests." It is inspired mainly by Taoism and the Coen Brothers' 1998 film The Big Lebowski. Please visit Dudeism at dudeism.com to find out more.

In Evolutionary Enlightenment, Andrew Cohen redefines spiritual awakening for our contemporary world—a world characterized by exponential change and an ever-expanding appreciation for the processes of evolution. Cohen ' s message is simple, yet profound: Life is evolution, and enlightenment is about waking up to this fundamentally creative impulse as your own deepest, most authentic self. Through five tenets for living an enlightened life, Cohen will empower you to wholeheartedly participate in the process of change as your own spiritual practice. Evolutionary Enlightenment not only makes deep sense of life today; it will show you how to play an active role in shaping the world of tomorrow.

LOOK INSIDE THE BOOK First released in 1998, the Coen brothers' The Big Lebowski flopped at the box office. But over the past nine years the movie has developed a massive and passionate cult following, led by the creation of Lebowski Fest, a traveling festival of all things Lebowski. Held in a bowling alley, it features bowling, costume and trivia contests, live music, a screening of the movie, White Russians, and what-haveyou. Attendance has grown exponentially and the Fest has been featured in virtually every national media outlet, from NPR to the New York Times. The Associated Press called it "kind of a 'Star Trek' convention, but without all the geeks." The Wall Street Journal simply intoned: "One hell of a party!" Now, at last, comes the book that the legion of Lebowski fans (aka Achievers) has been waiting for. I'm a Lebowski, You're a Lebowski is a treasure trove of trivia and commentary, hilarious throughout and copiously illustrated, including stills from the film, as well as dozens of photos taken on the set by Jeff Bridges. It includes interviews with virtually every major and minor cast member, as well as the real-life individuals who served as inspiration for the characters in the movie. The book features a handy guide to speaking Achiever (example: in English you would say that a woman is "feminine, or ladylike"; an Achiever would call her "strongly vaginal"), tips on how to Dude-ify your car, office, and living space, Lebowski Fest highlights, and so much more.

The Dude De Ching is an interpretation of the Tao Te Ching for followers of Dudeism. This is a brand new version, completely re-written, with a new translation of the Tao Te Ching, and new illustrations. This funny and inspiring book of spiritual lessons will help you take it easy and abide in the face of any gutterballs that are thrown your way. Each verse is followed by the original verse from the Tao Te Ching to help show the similarity between Dudeism and Taoism. Dudeism is an authentic religion with over 300,000 ordained "Dudeist Priests." It is inspired mainly by Taoism and the Coen Brothers' 1998 film The Big Lebowski. Please visit Dudeism at dudeism.com to find out more.

The Dude and the Zen Master

Jeff Bridges - Pictures

The World Is a Narrow Bridge

Mastering the Core Teachings of the Buddha

Silver Screen Buddha

Zen Confidential

The very idea that the teachings can be mastered will arouse controversy within Buddhist circles. Even so, Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly-defined cycles of insight. Its easy to feel overawed, at first, by Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and compassionate guide, and to the practitioner willing to commit themselves this is a glittering gift of a book.In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Because their mother is usually high, Essa, seventeen, must be responsible for her sister, nine-year-old Puck, but when Puck disappears during a hike outside of Boulder, Essa must rely on her newfound spiritual strength and boyfriend Oliver.

The Compass of Zen is a simple, exhaustive—and often hilarious—presentation of the essence of Zen by a modern Zen Master of considerable renown. In his many years of teaching throughout the world, the Korean-born Zen Master Seung Sahn has become known for his ability to cut to the heart of Buddhist teaching in a way that is strikingly clear, yet free of esoteric and academic language. In this book, based largely on his talks, he presents the basic teachings of Buddhism and Zen in a way that is wonderfully accessible for beginners—yet so rich with stories, insights, and personal experiences that long-time meditation students will also find it a source of inspiration and a resource for study.

Nothing to Do, Nowhere to Go

Awesome Insights of Deep Dudes from Lao Tzu to Lebowski

A Dudeist Interpretation of the Tao Te Ching

Confessions of a Wayward Monk

Waking Up to who You are

Annotated Edition

Zen practioner and non-profit community developer Bernie Glassman offers powerful teaching stories that illustrate ways of making peace one moment at a time. Each chapter focuses on an event or person and demonstrates how a particular peacemaker vow is put into practice. Through these stories and Glassman's personal testimony we come to understand the essence of peacemaking.

Jeff Bridges is one of the world's most popular actors and his unforgettable performance as The Dude in Coen Brothers film, The Big Lebowski, made him a cult hero. His remarkable career as an actor, performer and songwriter has brought him an Oscar, a Golden Globe and a Critics Choice award. Away from the spotlight, Bridges is a dedicated practitioner of Zen Buddhism and for more than a decade has been close friends with Zen leader Bernie Glassman. It is Glassman who has helped guide Bridges' lessons on the path to enlightenment and the two have spent many hours discussing life, love, the movies, creativity, happiness and death. With wit, charm and profound insight, Bridges and Glassman discover the Zen in iconic scenes and lines from The Big Lebowski. With honesty and humour, Bridges explores how his Zen practice and his life experience inform one another as he discusses his loving relationship with his parents, his marriage, his highly successful career and his warm connection with his fans.

In the eleventh century Murasaki Shikibu, a lady in the Heian court of Japan, wrote the world's first novel. But The Tale of Genji is no mere artifact. It is, rather, a lively and astonishingly nuanced portrait of a refined society where every dalliance is an act of political consequence, a play of characters whose inner lives are as rich and changeable as those imagined by Proust. Chief of these is "the shining Genji," the son of the emperor and a man whose passionate impulses create great turmoil in his world and very nearly destroy him. This edition, recognized as the finest version in English, contains a dozen chapters from early in the book, carefully chosen by the translator, Edward G. Seidensticker, with an introduction explaining the selection. It is illustrated throughout with woodcuts from a seventeenth-century edition.

Instructions To The Cook is a distillation of Zen wisdom that can be used equally well as a manual on business or spiritual practice, cooking or life. The hardcover edition was featured in every major Buddhist magazine. "Be nourished and inspired! Magnificent work!"--Jon Kabat-Zinn.

I'm a Lebowski, You're a Lebowski

A New Path to Spiritual Awakening

Atomic Habits

Bearing Witness

An Easy & Proven Way to Build Good Habits & Break Bad Ones

Hardcore Zen

The zen mind is the beginner's mind, which sees everything as if for the first time. It is in this zen mind that realization comes. People sit for many years in meditation to find that suddenly in hearing something again for the first time, they're lifted to a state of understanding that's far beyond anything they've ever experienced. This is why the sayings in this book were written. They're not meant to teach, but rather to remind you of things you already know.

Vol. 2 of Brad Warner's Radical but Reverent Paraphrasing of Dogen's Treasury of the True Dharma Eye In Japan in 1253, one of the great thinkers of his time died – and the world barely noticed. That man was the Zen monk Eihei Dogen. For centuries his main work, Shobogenzo, languished in obscurity, locked away in remote monasteries until scholars rediscovered it in the twentieth century. What took so long? In Brad Warner's view, Dogen was too ahead of his time to find an appreciative audience. To bring Dogen's work to a bigger readership, Warner began paraphrasing Shobogenzo, recasting it in simple, everyday language. The first part of this project resulted in Don't Be a Jerk, and now Warner presents this second volume, It Came from Beyond Zen! Once again, Warner uses wry humor and incisive commentary to bridge the gap between past and present, making Dogen's words clearer and more relevant than ever before.

How do contemporary films depict Buddhists and Buddhism? What aspects of the Buddhist tradition are these films keeping from our view? By repeatedly romanticizing the meditating monk, what kinds of Buddhisms and Buddhists are missing in these films and why? Silver Screen Buddha is the first book to explore the intersecting representations of Buddhism, race, and gender in contemporary films. Sharon A. Suh examines the cinematic encounter with Buddhism that has flourished in Asia and in the West in the past century – from images of Shangri-La in Frank Capra's 1937 Lost Horizon to Kim Ki-Duk's 2003 international box office success Spring, Summer, Fall, Winter...and Spring. The book helps readers see that representations of Buddhism in Asia and in the West are fraught with political, gendered, and racist undertones. Silver Screen Buddha draws significant attention to ordinary lay Buddhism, a form of the tradition given little play in popular film. By uncovering the differences between a fictionalized, commodified, and exoticized Buddhism, Silver Screen Buddha brings to light expressions of the tradition that highlight laity and women, on the one hand, and Asian and Asian Americans, on the other. Suh engages in a re-visioning of Buddhism that expands the popular understanding of the tradition, moving from the dominance of meditating monks to the everyday world of raced, gendered, and embodied lay Buddhists.

Do you find yourself restless and distracted by the hustle and bustle of the modern world? Have you sought comfort in possessions and acclaim only to be disappointed by their emptiness? If so, you are not along. The Everything Zen Book introduces you to thousands of years of ancient teachings that can help you achieve inner peace and unity with the world around you. Whether you are at home or in the office, this easy-to-follow guide shows you how to apply ancient Zen principles to every area of your life—from relationships and your career to artistic expression and your health.

Achieve Inner Calm and Peace of Mind Through Meditation, Simple Living, and Harmony

Punk Rock Commentaries on Buddha, God, Truth, Sex, Death, and Dogen's Treasury of the Right Dharma Eye

The Tale of Genji

Daddy Daughter Day

On Zen Practice

Life, The Big Lebowski, and What Have You

The Book of Equanimity contains the first-ever complete English language commentary on one of the most beloved classic collections of Zen teaching stories (koans), making them vividly relevant to spiritual seekers and Zen students in the twenty-first century. Continually emphasizing koans as effective tools to discover and experience the deepest truths of our being, Wick brings the art of the koan to life for those who want to practice wisdom in their daily lives. The koan collection Wick explores here is highly esteemed as both literature and training material in the Zen tradition, in which koan-study is one of two paths a practitioner might take. This collection is used for training in many Zen centers in the Americas and in Europe but has never before been available with commentary from a contemporary Zen master. Wick's Book of Equanimity includes new translations of the preface, main case and verse for each koan, and modern commentaries on the koans by Wick himself.

In 2003, Brad Warner blew the top off the Buddhist book world with his irreverent autobiography/manifesto, Hardcore Zen: Punk Rock, Monster Movies, and the Truth about Reality. Now in his second book, Sit Down and Shut Up, Brad tackles one of the great works of Zen literature, the Shobogenzo, by thirteenth-century Zen master Dogen. Illuminating Dogen's enigmatic teachings in plain language, Brad intertwines musings on sex, meditation, death, God, sin, and happiness with an exploration of the punk rock ethos. In chapters such as "Evil Is Stupid," "Kill Your Anger," and "Enlightenment Is for Sissies," Brad melds the antiauthoritarianism of punk with that of Zen, mixing in a travelogue of his triumphant return to Ohio to play in a reunion concert of Akron punk bands. For those drawn to Buddhist teachings but scared off by their stiff austerity, Brad writes with a sharp smack of truth, in teachings and stories that cut to the heart of reality.

These hilarious essays on life inside and outside a Zen monastery make up the spiritual memoir of Shozan Jack Haubner, a Zen monk who didn't really start out to be one. Raised in a conservative Catholic family, Shozan went on to study philosophy (becoming de-Catholicized in the process) and to pursue a career as a screenwriter and stand-up comic in the clubs of L.A. How he went from life in the fast lane to life on the stationary meditation cushion is the subject of this laugh-out-loud funny account of his experiences. Whether he's dealing with the pranks of a juvenile delinquent assistant in the monastery kitchen or defending himself against claims that he appeared in a porno movie under the name "Daniel Reed" (he didn't, really) or being surprised in the midst of it all by the compassion he experiences in the presence of his teacher, Haubner's voice is one you'll be compelled to listen to. Not only because it's highly entertaining, but because of its remarkable insight into the human condition.

The Dude abides . . . and you can too, with the Seven Spiritual Laws of Taking it Easy and other Lebowski-level wisdom. When you seek salvation from this stressed out, uptight world, there's only one man to go to for guidance—the Dude. At once helpful, funny and profound (like The Big Lebowski itself), this survival guide from the founders of the Church of the Latter-Day Dude and their top disciples shows how to be as Dude-like as the Dude (well, almost): •Secrets of sacred Dudeist practices •The Seven Spiritual Laws of Taking it Easy •Great Dudes who changed the world (without really trying) •New feminist philosophy for special ladies •The Way of the Dude applied to politics, ethics, and finances •A twelve-step program for personal dudevolution •The science of really tying your room together All this and a lot more what-have-you. So the next time life throws you a gutterball, just pick up this book and ask, "What Would the Dude Do?" It's your answer for everything.

The Tao of the Dude

Living Like Lebowski

Evolutionary Enlightenment

The Everything Zen

The Little Book of Zen Quotes

Body, Breath, and Mind

From the author of Mr. Eternity, a darkly comic road novel about a millennial couple facing the ultimate question: how to live and love in an age of catastrophe.

"Emptiness which is conceptually liable to be mistaken for sheer nothingness is in fact the reservoir of infinite possibilities." ~ D.T. Suzuki This book is a categorized collection of Zen quotes from across time and geography that captures the essence of Zen school of thought and lifestyle. Quotes categorized into wide variety of subjects Includes an introduction on Zen Perfect for daily reading NOTE: The quotes were chosen to reflect Zen school of thought, and were not merely restricted to quotes by Zen masters. (example, see below a "zen" quote by Dr. Seuss) "And when they played they really played. And when they worked they really worked." ~ Dr. Seuss

One of NPR's 50 Favorite Sci-Fi and Fantasy Books of the Past Decade In the follow-up to the "delightful" Regency fantasy novel (NPR.org) Sorcerer to the Crown, a young woman with no memories of her past finds herself embroiled in dangerous politics in England and the land of the fae. When sisters Muna and Sakti wake up on the peaceful beach of the island of Janda Baik, they can't remember anything, except that they are bound as only sisters can be. They have been cursed by an unknown enchanter, and slowly Sakti starts to fade away. The only hope of saving her is to go to distant Britain, where the Sorceress Royal has established an academy to train women in magic. If Muna is to save her sister, she must learn to navigate high society, and trick the English magicians into believing she is a magical prodigy. As she's drawn into their intrigues, she must uncover the secrets of her past, and journey into a world with more magic than she had ever dreamed.

This updated landmark volume makes available for the first time in decades the teachings that were formative to a whole generation of American Zen teachers and students. Conceived as an overarching primer on the practice of Zen, chapters in this volume address every aspect of practice: beginning practice, shikantaza, chanting, sesshin, working with Mu, and the nature of koans. In the intervening years since the publication of the earlier edition, countless books have appeared on Zen. Few, if any, have approached the strengths of On Zen Practice as a reference or teaching tool, and the book retains a lively, immediate quality that will appeal to today's readers.

Having Once Paused

The True Queen

Do You Abide?

The Big Lebowski and Philosophy

Wisdom for Cooling the Flames

The Dude de Ching

Zen, plain and simple, with no BS. This is not your typical Zen book. Brad Warner, a young punk who grew up to be a Zen master, spares no one. This bold new approach to the "Why?" of Zen Buddhism is as strongly grounded in the tradition of Zen as it is utterly revolutionary. Warner's voice is hilarious, and he calls on the wisdom of everyone from punk and pop culture icons to the Buddha himself to make sure his points come through loud and clear. As it prods readers to question everything, Hardcore Zen is both an approach and a departure, leaving behind the soft and lyrical for the gritty and stark perspective of a new generation. This new edition will feature an afterword from the author.

"In language totally fresh and jargon-free, Sakyong Mipham Rinpoche distills the wisdom of many centuries. Simple as it is profound, his book bears reading many times."—Peter Conradi, author of Iris Murdoch: A Life and Going Buddhist Strengthening, calming, and stabilizing the mind is the essential first step in accomplishing nearly any goal. Growing up American with a Tibetan twist, Sakyong Mipham talks to Westerners as no one can: in idiomatic English with stories and wisdom from American culture and the great Buddhist teachers. Turning the Mind Into an Ally makes it possible for anyone to achieve peace and clarity in their lives.

Buddhism in Asian and Western Film

More Practical Advice from Dogen, Japan's Greatest Zen Master

It Came from Beyond Zen!

Illuminating Classic Zen Koans

Punk Rock, Monster Movies and the Truth About Reality
The Abide Guide