



Introduction to Zen Buddhism (Paperback)

By Daisetz Teitaro Suzuki

Grove Press / Atlantic Monthly Press, United States, 1994. Paperback. Condition: New. Reissue. Language: English. Brand new Book. One of the world's leading authorities on Zen Buddhism, D. T. Suzuki was the author of more than a hundred works on the subject in both Japanese and English, and was most instrumental in bringing the teachings of Zen Buddhism to the attention of the Western world. Written in a lively, accessible, and straightforward manner, An Introduction to Zen Buddhism is illuminating for the serious student and layperson alike. Suzuki provides a complete vision of Zen, which emphasizes self-understanding and enlightenment through many systems of philosophy, psychology, and ethics. With a foreword by the renowned psychiatrist Dr. Carl Jung, this volume has been generally acknowledged a classic introduction to the subject for many years. It provides, along with Suzuki's Essays and Manual of Zen Buddhism, a framework for living a balanced and fulfilled existence through Zen.



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