



The Essence of Zen

By Byrne, Mark Levon

Barnes & Noble, New York, 2002. Hard Cover. Book Condition: New. Dust Jacket Condition: New. 7 1/2 x 8 1/2. Explores the historical roots of Zen, how it related to Buddhist teachings, and how it is practiced today. Will also show you practical ways to apply Zen teachings to your own life.



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**