



Chinese ZEN: A Path to Peace and Happiness (Hardback)

By Wu Yansheng

BetterLink Press Incorporated, United States, 2013. Hardback. Book Condition: New. 186 x 132 mm. Language: English . Brand New Book. In Chinese Zen, author Prof. Yansheng shows how Zen, with its universal concern for the human condition, can help the individual achieve happiness and spiritual stability through a eureka moment of enlightenment that liberates the mind from its world of competing interests. By drawing on the vast literature of Chinese Zen Buddhism, Prof. Yansheng presents traditional Buddhist sayings, stories and dialogues that illustrate the way historical masters of Zen sought to induce their pupils to reduced inner conflict. In so doing, he allows the reader a panoramic view of the origins and development of Zen Buddhism in China and demonstrates its influence on literature in particular.



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