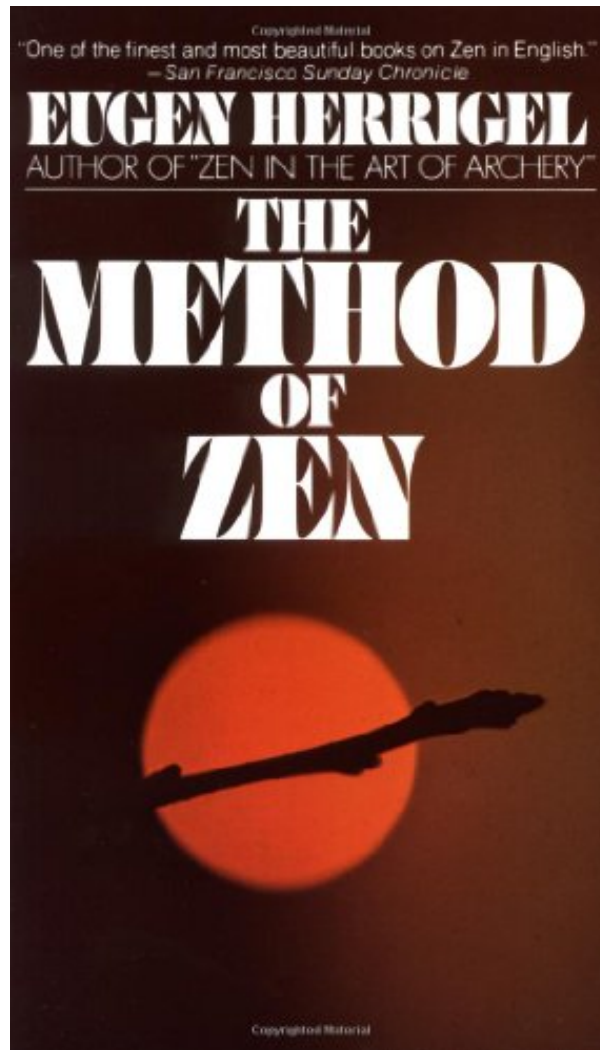


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EUGEN HERRIGEL

AUTHOR OF "ZEN IN THE ART OF ARCHERY"

**THE
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A precise description of the techniques used in Zen training.

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- Sales Rank: #544064 in Books
- Published on: 1974-08
- Released on: 1974-07-12
- Original language: German
- Number of items: 1
- Dimensions: 7.24" h x .29" w x 4.36" l, .15 pounds
- Binding: Paperback
- 128 pages

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an engaging, artless and uplifting book

By A Customer

For anyone who's ever been attracted by the tranquility and equanimity of Zen, yet put off by the massive tomes written on it, this book, in its lyrical simplicity, will allow you to feel zen.

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Clear and Concise

By Mary S.

Of the many books I have read concerning the subject of Zen Buddhism, none can be considered more lucid,

succinct, and enthralling than this book. Herrigel's knack for brevity will be more than welcome to the Occidental who has searched for such a book. Authors such as Alan Watts, and especially D.T. Suzuki have no qualms about making the claim that Zen eschews verbosity and does not espouse any sort of philosophy, and that it lacks the abstraction of Westerners. However, after reading these works, my head reeled with the constant paradoxes set forth by Suzuki who consistently and simultaneously reminded me that I wouldn't understand such subjects until enlightened. This led me to wonder...then why have you written you a 300 page book describing such an experience? No matter though; what THIS book is is a wonderful account of the changes and insights that happen to a person willing to give himself to the path that Zen offers.

3 of 3 people found the following review helpful.

zen perfect

By a researcher

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