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therapy may actually work. Lots of people think it does, and Joko presents it very well. She seems to have been a wise and compassionate teacher.

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Successful living means
functioning well in love and
work, declared Sigmund
Freud. Yet most Zen teaching

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derives from a monastic tradition that is far removed from the ordinary world of romantic and sexual love, family and home life, ordinary jobs and careers. Few Western students of Zen live apart in traditionally

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book by Charlotte Joko Beck

Charlotte Joko Beck offers a warm, engaging, uniquely American approach to using Zen to deal with the problems of daily living--love, relationships, work, fear, ambition, and

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by Charlotte Joko Beck.

Charlotte Joko Beck was the founder and former head teacher at the Zen Center in San Diego. I bought this book 10 years ago but it wasn't until Eleanor recently pulled it off the

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Joko Beck shelf and dropped it on the ground that I picked it up and read it. (Very Zen, eh? lol) The book is a collection ...

**Everyday Zen by Charlotte
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the relevance of Zen to
every aspect of life.

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shows us how to live each
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1-30 of 32 "We tend to run
our whole life trying to
avoid all that hurts or
displeases us, noticing the
objects, people, or
situations that we think
will give us pain or

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pleasure, avoiding one and pursuing the other." ?

Charlotte Joko Beck,
Everyday Zen: Love and Work

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want to resolve these two koans. Joko Beck, in this book, gives us much more than a series of little chickensoup feel-good stories about love and work. In what is essentially a compilation of her talks for

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learning how to live a more
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peace, joy, and balance into

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As a Zen master might say,
if you seek inner peace you
won't be able to find it,
but the act of giving up the
idea of such a reward in
itself - and focusing
instead on others' happiness

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Joko Beck – creates the possibility for lasting peace. This is truly the spiritual dimension of Zen. On the everyday level, Zen trains the mind to achieve calmness.

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What is Zen Meditation? Benefits & Techniques - Mindworks ...

Zen schools are more or less divisible into those that emphasize a curriculum of verbal meditation objects – like koans – and those that

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do not. Emphasizing daily life practice as zazen, Soto Zen centers generally do not work with a set koan curriculum and method, though koans are studied and contemplated.

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