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Zen Mind, Beginners Mind by Shunryu Suzuki is a book of instruction about how to practice Zen, about Zen life, and about the attitudes and understanding that make Zen practice possible. For any reader, the book will be an encouragement to realize his own nature, his own Zen mind.

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Zen mind is one of those enigmatic phrases used by Zen teachers to make you notice yourself, to go beyond the words and wonder what your own mind and being are. This is the pur- ... ZEN MIND, BEGINNER'S MIND . S ...

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