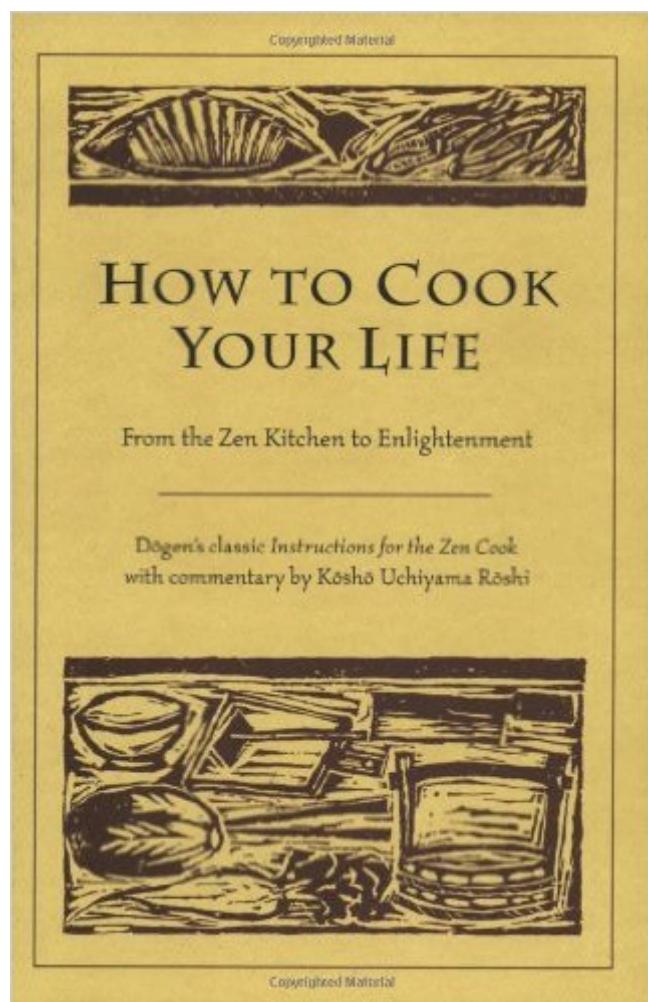


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# How To Cook Your Life: From The Zen Kitchen To Enlightenment



## Synopsis

In the thirteenth century, Zen master Dogen "perhaps the most significant of all Japanese philosophers, and the founder of the Japanese Soto Zen sect" "wrote a practical manual of Instructions for the Zen Cook . In drawing parallels between preparing meals for the Zen monastery and spiritual training, he reveals far more than simply the rules and manners of the Zen kitchen; he teaches us how to "cook," or refine our lives. In this volume Koshō Uchiyama Roshi undertakes the task of elucidating Dogen's text for the benefit of modern-day readers of Zen. Taken together, his translation and commentary truly constitute a "cookbook for life," one that shows us how to live with an unbiased mind in the midst of our workaday world.

## Book Information

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## Customer Reviews

A readable book; sort of a short autobiography of Dogen's travels to China but, more succinctly, an account of his encounters with other travelers of the Way, which sheds some light on how they influenced his thinking.

Dogen is difficult to comprehend, Uchiyama, had the ability to clear things up, it really does still take Zazen to work your way through the cob webs. Terrific book. :)

The book was as expected. I wanted a physical copy of Dogen's "instructions to the cook" essay, and this book has it along with other insightful passages.

The Author has a truly unique capacity to explain. Wonderful book. Inspiring, but down to earth practical, keeping it real.

Use it as a spiritual tool and inspiration. A lot going on here. It will take a while.

Excellent book - very inspiring. Helps to keep you appreciating your life!

Essential for everyone interested in Zazen.

Yes, this is the way to live.

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