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Eat, Sleep, Sit. As the river flows, so does life. This is the message that is given to us by Nonomura (age 30 at the time) in this short book of his year long stay at Eihei-ji, Japan's most rigorous Soto-Zen temple.

Eat Sleep Sit: My Year at Japan's Most Rigorous Zen Temple

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Eat Sleep Sit: My Year At Japan's Most Rigorous Zen Temple

`Eat, Sleep, Sit' is a book about the day to day life in a Zen monastery from the point of view of a Japanese trainee monk. Not only is it beautifully written (and by extension well translated) but it manages to keep you both fascinated and involved throughout. You feel, along with the author, the monastery transform over the year of his training from something terrible, scary and even a ...

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Eat Sleep Sit My Year at Japan's Most Rigorous Zen Temple by Kaoru Nonomura Translated by Juliet Winters Carpenter £11.99 First paperback edition. 978-1-56836-565-7. October 2015. About the Author Born in 1959, Kaoru Nonomura travelled widely in Asia as a university student, and upon graduation began to work at a Tokyo design office. At the age of thirty he made the decision to put his ...

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