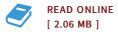


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About Peace

By Scott Shaw

Red Wheel. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 6.3in. x 5.8in. x 0.2in.These are Zen meditations for modern times -- cold comfort, maybe, for some of us who might want platitudes and the promise of peacefulness being handed to us on a silver platter. Because, as Shaw points out, conflict is a part of life. Zen Buddhism was even founded in conflict. No one can give anyone else peace. Peace comes to those who seek it -- in the moment and for the moment only. The pace of lives continues to accelerate, though, with more and more demands being placed on us by both others and ourselves. This collection, aimed at gaining inner peace, is wonderfully suited to the breakneck pace of our lives today. The future is too full of work, laundry, family, and other commitments -- not to mention the unknown. The past is gone. Theres no time like the present to make like the eye of the hurricane and choose to be at peace with ourselves. The 108 meditations in this book offer a very contemporary respite from internal and external conflict. Their number and their form, however, is steeped in tradition. One-hundred-and-eight is a...



Reviews

Without doubt, this is actually the greatest function by any article writer. It is among the most amazing publication i have got read. Its been printed in an exceedingly basic way in fact it is simply after i finished reading through this publication where in fact changed me, change the way i believe. -- Arielle Ledner

It in a of my personal favorite book. This is certainly for anyone who statte there had not been a worth studying. I found out this ebook from my i and dad advised this pdf to learn.

-- Delphine Lebsack

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