



Zen: Merging of East and West

Roshi P. Kapleau

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In this companion volume to **The Three Pillars of Zen**, Kapleau establishes guidelines for Western practitioners of Zen Buddhism, offering appealing, simple answers to the questions Westerners most often ask. Among the topics discussed in this informative, user-friendly book: "Transcendental Meditation: Who Transcends What?", "Can I Practice Zen and Be a Good Jew (or Catholic)?", "Reading About Enlightenment Is Like Scratching an Itchy Foot Through Your Shoe," and "Meditation Is an Escape--What Are You Doing to Help Society?" Kapleau's eloquence, humor, and authority make this an indispensable handbook for understanding Zen in the Western world.

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