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# 365 ZEN: DAILY READINGS



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, 365 Zen: Daily Readings, Smith, A year's worth of Zen wisdom and inspiration! The first-ever collection of Zen koans, stories, and sayings in the popular meditation-a-day format. In this book of daily meditations, veteran Buddhist writer and editor Jean Smith gives us Zen's most memorable teachings in a uniquely accessible format. Drawn from all of Zen's major schools and teachers, the 365 inspiring selections illuminate Zen's major themes, including zazen, koans, detachment,...

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