



The Complete Idiot's Guide to Zen Living

Gary R. McClain, Eve Adamson

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Explains what Zen is and how it came to America, how to practice Zen and incorporate it into daily living, and the Zen approach to the world.

The Complete Idiot's Guide to Zen Living Details

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From Reader Review The Complete Idiot's Guide to Zen Living for online ebook

Shadlyn says

I find it motivating to read self-help books even when I don't learn anything new. This was very much one of those.

If you don't know anything about mindfulness, zen, or meditation, then this is a good primer with a lot of encouragement and a little bit of starter information.

As the "Zen" in the title implies, this books is basically many pages of reminders to "slow down, pay attention, and experience life where you are."

Kirk Bullough says

I felt like this was a great starting place to learn about living a more mindful life. I liked how they approached Zen as something that anyone can incorporate into their lives. It doesn't matter your background or religious beliefs. Zen is just a philosophy of life that can help you to really live your life instead of wasteing it thinking about the past or dreaming of the future. Take advantage of the now seems to be the major theme of the book.

Josue says

This was a great introduction to Zen. I was really pulled into the subject because of several things that I thought I knew about the subject through pop culture references. However, there is much more to learn and these author's make the subject accessible with this book. I look forward to learning much more about mindful living.

Mark says

Truly one of the most valuable books I have ever read. I like this practical, self-help approach to Zen, since I'm not interested in becoming a religious Zen Buddhist. Americans really need the ideas in this book, as a balance to our insanely hectic and materialistic lives. This book teaches you to be truly alive and at peace with yourself. I never knew there was so much of value in Zen.

Janet says

Some of the chapters didn't apply to my current lifestyle, but I read them anyway and found helpful tidbits, anyway. Reading this book kept me mindful of my present moments. It was written in a very casual, at times,

humorous way which is always a delightful way to learn.

Cathi says

I'm not a big fan of "Idiot" or "Dummies" books, but this was helpful. In this case, I need an idiot's guide..

Adil says

This is a good book if you want to get a basic sense of what Zen is. It can point you to more spiritually credible sources, whatever that may mean. It's mildly fun and interesting. It shares a good deal of material with the Dummies for Meditation book. This is not a bad place to encounter Zen for the first time.

Nioosha says

A great introduction to Zen and absolutely great ideas for everyday life. I enjoyed every moment of reading it and hope the same for you.

Andrea says

I've really been reading this book off and on for 15 years. This is the first time I started back on page one and read it all the way through. It's great for all the basics, explaining Buddhism, Zen, and meditation. What I won't bother with again is the lists of questions, workbook style. I'd rather sit zazen.

Lori says

Easy to read.

Graham says

A great place to start.: This book is a great place to start for beginners of a Zen way of living. It's to the point. Zen living is covered for every aspect of your life. The authors put much time into making the basic understanding of Zen very easy to comprehend. Numerous ideas and exercises really put you into an understanding of what is wrong, why it's wrong and how to fix it through a Zen way of living. From work to creativity to just walking down the street this book will help.

Now I feel I can expand my Zen life style having learned the basic's. In the now.

Eileen says

Pop culture view of Zen is pretty silly. Zen is not just a serene way of looking at things. Pictures of smooth stones and talk of 'bad karma' is not what Zen is about.

This book gives the reader a good overview of and introduction into Zen studies. But, the word 'zen' means meditation, and in the end that's what you have to do.

Kimberly says

You can't become Zen from reading a book.

Denidevine says

It may sound silly but this was a great first introduction that got me reading a lot more about this subject over the years....

Maya says

Tongue in cheek as are all books in this series. Funny examples help me "get it" as well as show me how far down the path I've already traveled. Very accessible to anyone who wants to become more Zen without submerging completely.
