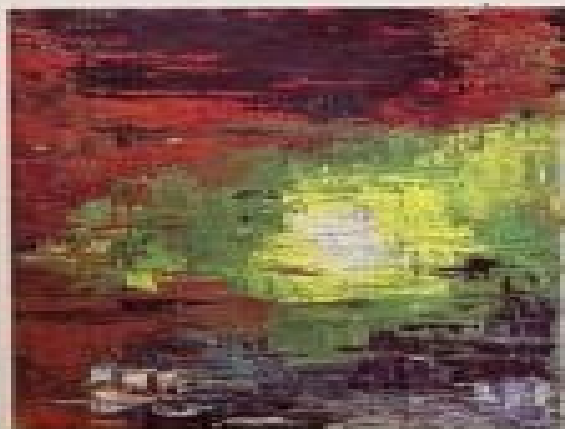




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ZEN

a way of life



Teach Yourself Zen

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Teaching and Learning in Japan Thomas P. Rohlen,Gerald K. LeTendre,1998 Includes bibliographical references and index

World Faiths - An Introduction: Teach Yourself Paul Oliver, 2010-05-28 This book is a concise guide to the major religions around the world Become familiar with the history of each faith its core beliefs and how it is practised today Whether you re studying theology or just want to know more about the faiths that shape our world this clearly structured guide offers everything you need to get started NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at [www teachyourself com](http://www.teachyourself.com) to give you a richer understanding of psychology FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it

Presentation Zen Garr Reynolds, 2009-04-15 FOREWORD BY GUY KAWASAKI
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