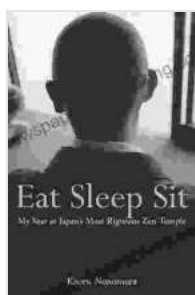


My Year at Japan's Most Rigorous Zen Temple: A Journey of Transformation and Self-Discovery

Prepare to embark on an extraordinary adventure that will challenge your limits and awaken your spirit. In "My Year at Japan's Most Rigorous Zen Temple," you will join Zen student and author, Ken Schur, as he immerses himself in the ancient traditions and rigorous practices of Soto Buddhism at Myoshin-ji Temple, one of Japan's most prestigious Zen monasteries.

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Eat Sleep Sit: My Year at Japan's Most Rigorous Zen

Temple by Kaoru Nonomura

★★★★☆ 4.5 out of 5

Language : English

File size : 1968 KB

Text-to-Speech : Enabled

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Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 231 pages

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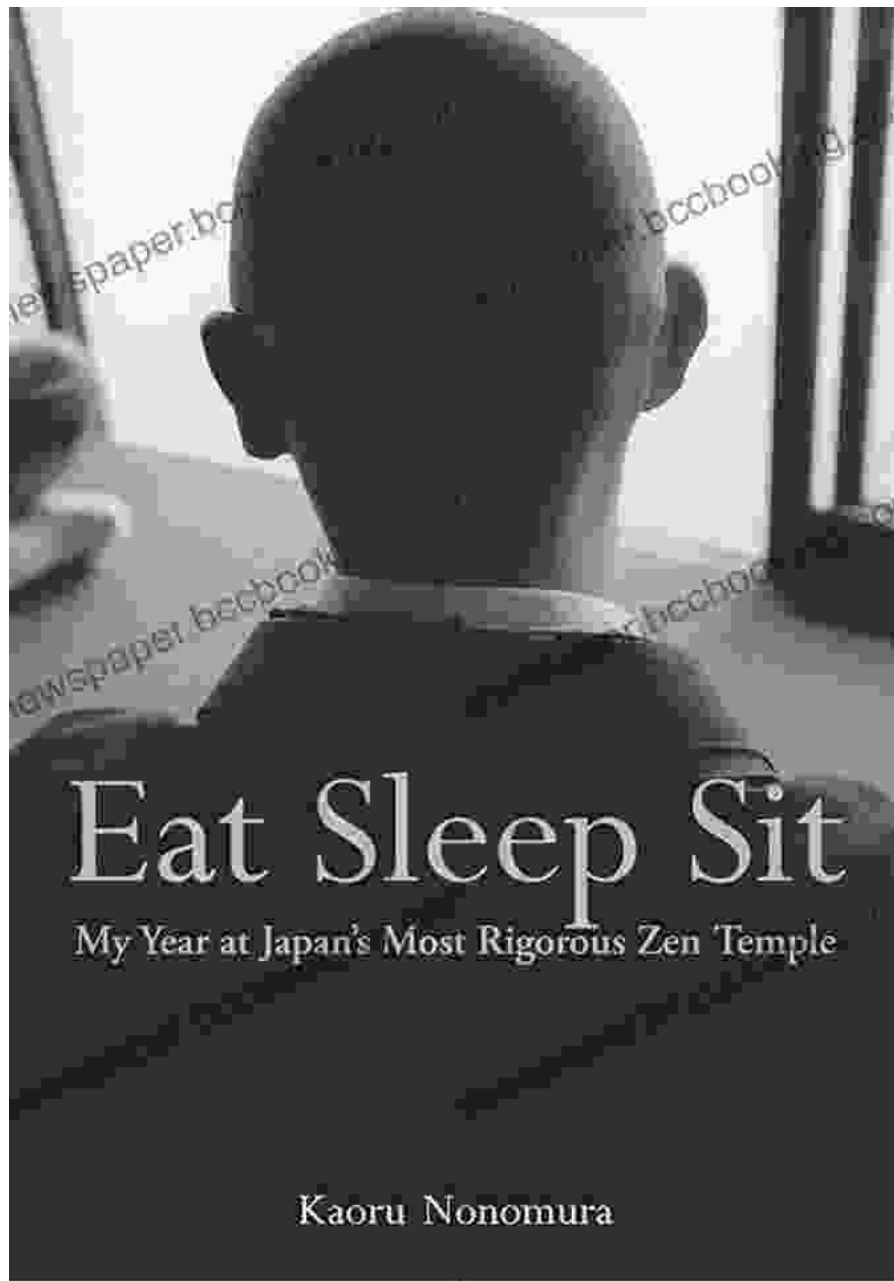
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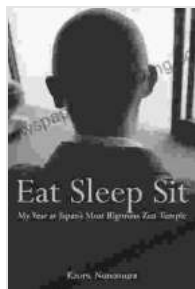
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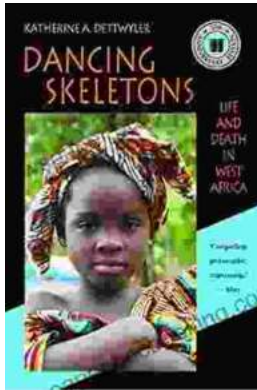


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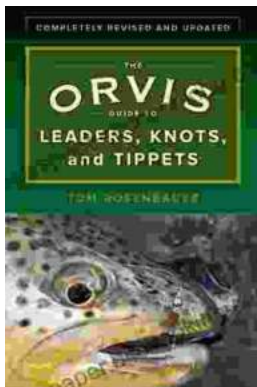
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