

## WAY OF ZEN



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The Way of Zen is a 1957 non-fiction book on Zen Buddhism and Eastern philosophy by philosopher and religious scholar Alan Watts. It was a bestseller and played a major role in introducing Buddhism to a mostly young, Western audience.

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Smile, breathe and go slowly. Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor. Thich Nhat Hanh. Much has been written about Zen, but there are 3 essentials that are especially important.

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About The Way of Zen. In his definitive introduction to Zen Buddhism, Alan Watts explains the principles and practices of this ancient religion to Western readers.

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