

Eat Sleep Sit

Eat Sleep Sit Kaoru Nonomura 2010-08-05 At the age of thirty, Kaoru Nonomura left his family, his girlfriend, and his job as a designer in Tokyo to undertake a year of ascetic training at Eiheiji, one of the most rigorous Zen training temples in Japan. This book is Nonomura's recollection of his experiences. He skillfully describes every aspect of training, including how to meditate, how to eat, how to wash, even how to use the toilet, in a way that is easy to understand no matter how familiar a reader is with Zen Buddhism. This first-person account also describes Nonomura's struggles in the face of beatings, hunger, exhaustion, fear, and loneliness, the comfort he draws from his friendships with the other trainees, and his quiet determination to give his life spiritual meaning.

After writing *Eat Sleep Sit*, Kaoru Nonomura returned to his normal life as a designer, but his book has maintained its popularity in Japan, selling more than 100,000 copies since its first printing in 1996. Beautifully written, and offering fascinating insight into a culture of hardships that few people could endure, this is a deeply personal story that will appeal to all those with an interest in Zen Buddhism, as well as to anyone seeking spiritual growth.

Transactions of the Actuarial Society of Edinburgh Actuarial Society of Edinburgh 1896
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Functional Language Intervention:

Readings Thomas M. Longhurst 1974

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