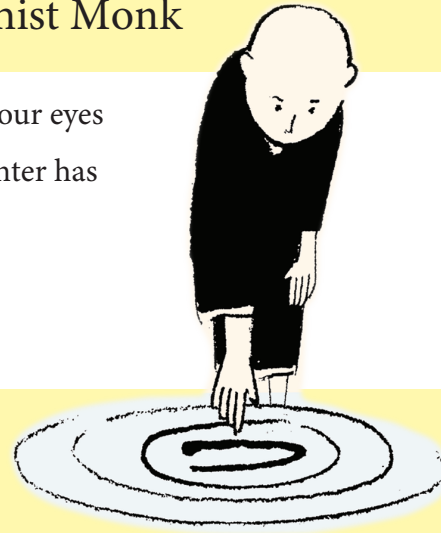


Zen Wisdom for the Anxious

『迷いが消える 禅のひとつこと』(サンマーク出版刊) 英訳版
Simple Advice from a Zen Buddhist Monk

- ✓ Pay attention to what is right in front of your eyes
- ✓ Nothing happens by chance. Every encounter has its meaning
- ✓ Even a bad day is a good day
- ✓ You'll never walk alone

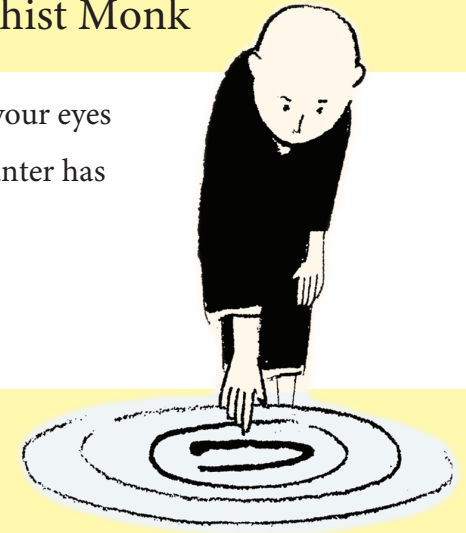


細川晋輔 著
東京 世田谷区 龍雲寺住職

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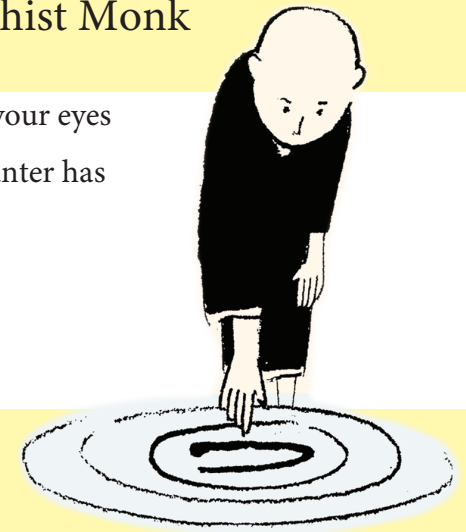


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