

IT'S OKAY
NOT TO LOOK FOR
THE MEANING
OF LIFE

A Zen Monk's Guide to Living
Stress-Free One Day at a Time



Jikisai Minami

TUTTLE

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霊場・恐山の禅僧、南直哉が贈る
現代ストレスから自由になる 35 の言葉

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Free Yourself from Stress with
Simple, No-Nonsense Advice
from a Zen Monk!

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The 35 short, thought-provoking
essays help us look at life's problems
through fresh eyes.

『禅僧が教える心がラクになる生き方』(アスコム刊) 英訳版

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