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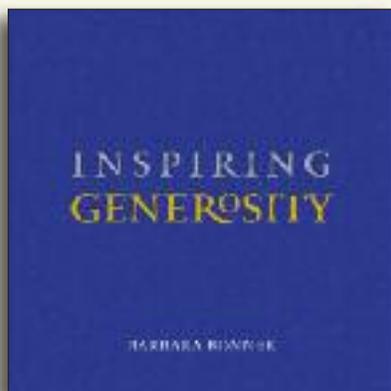


For information on ordering through Simon & Schuster, please see page 30.

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## INSPIRING GENEROSITY

Barbara Bonner

224 pages | 8x8" | \$19.95

9781614291107 | Ebook 9781614291305

February 2014

Two-color interior throughout

“This book is a great act of generosity on Barbara Bonner’s part, opening your hand, your heart, and your life in new and unexpected ways. Read it and you will love it!”

—Robert A. F. Thurman,  
Columbia University

Inspiring stories and beautifully typeset quotations about generosity.

**WARNING: This book might change your life.**

“A lovely, reflective, and helpful anthology.

Be generous—give it to your family and friends.”

—Edward Skloot, the Center for Strategic Philanthropy  
and Civil Society at Duke University

This book is an invitation to savor a sampling of the very best inspirations on the subject of generosity. It includes fourteen contemporary stories of “generosity heroes” whose lives have been transformed by the power of generosity. Sprinkled throughout these stories are writings, poems, and quotes from Shakespeare, Hafiz, Emily Dickinson, George Eliot, Wendell Berry, Anne Frank, and many others. *Inspiring Generosity* will help readers open their hearts to the power of their own innate generosity.

WE MAKE A LIVING  
BY WHAT WE GET,  
BUT WE MAKE A LIFE  
BY WHAT WE GIVE.

WINDSOR LEITCH HILL

THE ONLY GIFT  
IS A PORTION  
OF THYSELF.

RALPH WALDO EMERSON

ATTENTION  
IS THE RAREST  
AND PUREST FORM  
OF GENEROSITY.

BARBARA BONNER

BARBARA BONNER has served as vice president of Bennington College and the Kripalu Center for Yoga and Health. She now has her own consulting practice focused on helping nonprofits transform their philanthropic support. Committed to a life in philanthropy, she has served on ten nonprofit boards and has started a fund to serve women with cancer in her region. She is currently board chair at the Barre Center for Buddhist Studies. Barbara lives in a converted barn in Housatonic, located in the beautiful Berkshire hills of western Massachusetts.



## SELFLESS LOVE

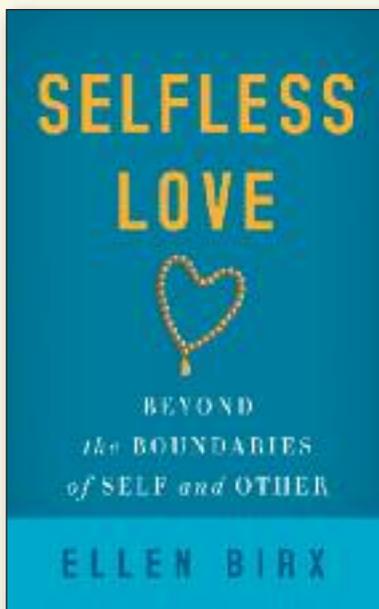
*Beyond the Boundaries of Self and Other*

Ellen Birx

248 pages | 5x8" | \$15.95

9781614290759 | Ebook 9781614290940

February 2014



*Selfless Love* shows how meditation can help us realize that we don't love—we *are* love.

“Love is the common element that all of humanity strives for. Ellen’s exposition of selfless love shows how we can attain it. A wonderful book. I heartily recommend it.”

—Bernie Glassman, author of *The Dude and the Zen Master*

Gentle, elegant, and radically inspiring, *Selfless Love* presents a holistic, experiential meditative path that enables us to see beyond our preconceived notions of identity, spirituality, and humanity. Drawing equally from Zen parables, her experience as a mental health therapist, and the Gospels, Ellen Birx shows us that through meditation we can recognize that our true selves are not selves at all—that all beings are united in unbounded, infinite awareness and love, beyond words.

Recognizing the limitations of language in describing the indescribable, Birx concludes each chapter in the Zen tradition of “turning words” with a verse meant to invite insights.

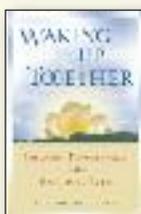
“Dr. Birx has closed the gap completely and leaves no separation at all between life and death, heaven and earth, and God and the world. Read this book!”

—Roshi Robert Kennedy, SJ, author of *Zen Gifts to Christians*



ELLEN BIRX has a PhD in psychiatric nursing and for the past twenty-seven years has been a professor at Radford University. She is a Zen teacher and cofounder of New River Zen Community and a member of the White Plum Asanga and the American Zen Teachers Association.

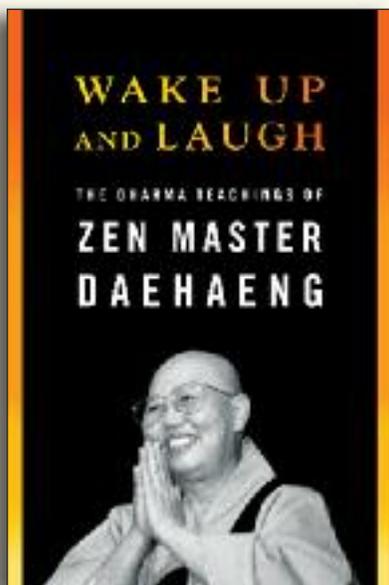
Also Available  
from Ellen Birx:



Waking Up Together

9780861713950 | \$16.95

“Wise and gentle. A real gift to clinicians as well as to the couples they serve.”—John Daishin Buksbazen, author of *Zen Meditations in Plain English*



## WAKE UP AND LAUGH

*The Dharma Teachings  
of Zen Master Daehaeng*

Daehaeng Kun Sunim

184 pages | \$16.95

9781614291220 | Ebook 9781614291459

March 2014

Wisdom, warmth, and humor  
from a renowned Zen master.

The compassion, humor, and practical intelligence of one of Korea's foremost Zen masters shines throughout this new collection of Dharma talks. On each page, Master Daehaeng reveals how everything in daily life, even the ugly and difficult parts, can become the fuel for our spiritual growth. Her illuminating insight will guide the reader toward an understanding of her ultimate teaching—know yourself, trust yourself, and go forward, no matter what your current life situation might be.

At turns laughing and scolding, always engaging, Zen Master Daehaeng exhorts, cajoles, and instructs readers and practitioners. These talks—gathered over several years—are like having Master Daehang at your side, urging you forward.

The question-and-answer sessions with students are particularly enlightening; readers will find that the students' questions mirror their own and that Master Daehaeng's responses guide them on.

**DAEHAENG KUN SUNIM** was one of the most respected Buddhist teachers in Korea. She was determined to teach in such a way that anyone—regardless of their occupation, gender, or family status—could practice and awaken. In 1972 she established Hanmaum Seon Center as a place where everyone could come and learn about their true nature and how to live with freedom, dignity, and courage. The center has gone on to emerge as one of the most influential Korean Buddhist centers today, with over fifteen domestic branches and nine overseas centers. Daehaeng Kun Sunim passed away in May 2012.



Also by Zen Master  
Daehaeng:



**No River to Cross**

9780861715343 | \$14.95

“This first taste of a fresh female voice leaves you hungry for more.”—*Shambhala Sun*

## BRAVE PARENTING

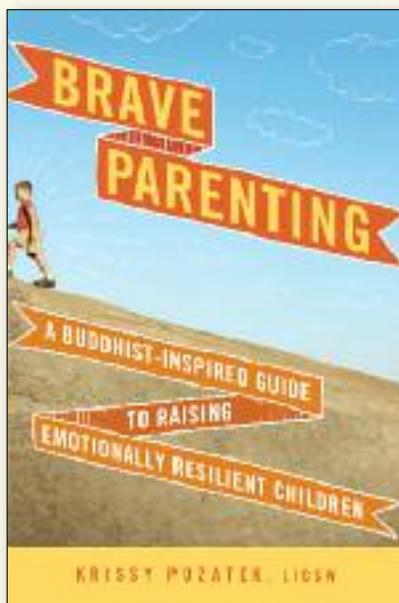
*A Buddhist-Inspired Guide to Raising Emotionally Resilient Children*

Krissy Pozatek, LICSW

200 pages | \$17.95

9781614290896 | Ebook 9781614291091

March 2014



### How do we build resilient children who can handle life's challenges?

“Writing from her own extensive experience and psychological wisdom, Krissy Pozatek shows us how children can develop the resilience, confidence, and creativity that enables them to find true joy in living.”

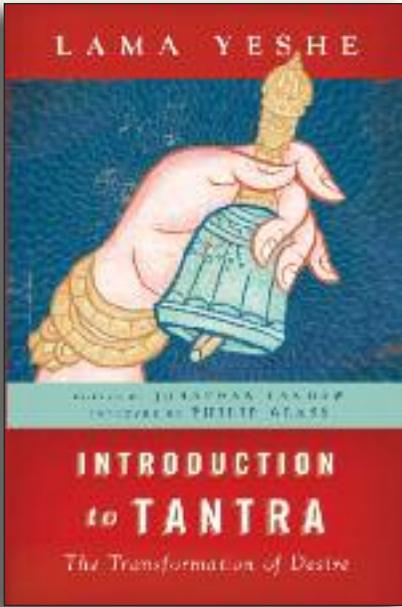
—Tara Brach, author of *True Refuge*

As parents today, we often feel that our role is to protect our children from the world: to cushion them when they fall, to lift them over obstacles, and to remove sharp rocks from their path. But controlling a child's entire environment and keeping all pain at bay isn't feasible—we can't prepare the world for our children, so instead we should focus on preparing our children for the world. “The solution is not removing impediments from our children's lives,” writes Krissy Pozatek, “it is compassionately encouraging them to be brave.” We need to show our kids how to navigate their own terrain.

If our kids face small hurdles, small pains, at a young age and learn to overcome these obstacles, they will be much better equipped to face larger trouble later in life. Early lessons in problem solving teach self-confidence and self-reliance—and show us that our kids are tougher than we think.



**KRISSY POZATEK, LICSW**, has fifteen years of experience in the wilderness therapy and adolescent treatment field and was educated at Smith College School for Social Work and New Mexico Highlands University. Her clinical experience includes the treatment of depression, anxiety, dual diagnosis, adoption issues, trauma, self-harming behavior, substance abuse, personality disorders, and family system problems. She runs the parental coaching practice Parallel Process, established in 2006. Pozatek is the author of *The Parallel Process: Growing Alongside Your Adolescent or Young Adult Child in Treatment*. She lives in East Montpelier, Vermont, with her husband and daughters.



## INTRODUCTION TO TANTRA

The Transformation of Desire  
 Lama Yeshe  
 Edited by Jonathan Landaw  
 Foreword by Philip Glass  
 192 pages | \$16.95  
 9781614291558 | Ebook 9780861719976  
 March 2014

A new edition of the  
 perennial classic.

“The best introductory work on Tibetan Buddhist tantra available today.”  
 —Janet Gyatso, Harvard University

What is tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to Buddhism, every human being has the potential to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy—especially the energy of our desires.

*Introduction to Tantra* is the best available clarification of a subject that is often misunderstood. Tantra recognizes that the powerful energy aroused by our desire is an indispensable resource for the spiritual path. It is precisely because our lives are so inseparably linked with desire that we must make use of desire’s tremendous energy not just for pleasure, but to transform our lives. Lama Yeshe presents tantra as a practice leading to joy and self-discovery, with a vision of reality that is simple, clear, and relevant to twenty-first-century life.

“No one has summarized the essence of tantra as well as Thubten Yeshe does here.”  
 —*Religious Studies Review*

**LAMA THUBTEN YESHE** (1935–84) was born in Tibet and educated at the great Sera Monastic University. After fleeing the Chinese oppression in 1959, he and his chief disciple, Lama Thubten Zopa Rinpoche, began teaching Buddhism to Westerners at their Kopan Monastery, Kathmandu, Nepal. In 1975 they founded the international Buddhist organization the Foundation for the Preservation of the Mahayana Tradition (FPMT), which now has more than 160 centers, projects, and services worldwide.



**JONATHAN LANDAW** was born in New Jersey and began living overseas in 1966. He spent most of the 1970s in northern India and Nepal studying Tibetan Buddhism, during which time he began editing Lama Yeshe’s teachings for publication. The editor and author of such works as *Wisdom Energy*, *Prince Siddhartha*, and *Buddhism for Dummies*, Jon now lives with his family in Santa Cruz, California.

## THE MIDDLE WAY

*Faith Grounded in Reason*

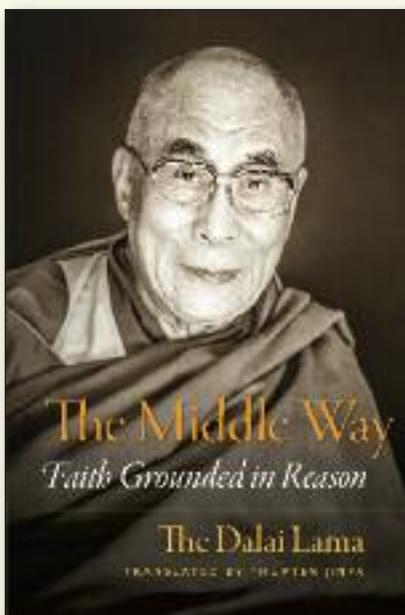
The Dalai Lama

Translated by Thupten Jinpa

200 pages | \$17.95

9781614291565 | Ebook 9780861719921

April 2014



The Dalai Lama lays out a Buddhist approach to matters of faith and devotion that is based on the highest spirit of critical inquiry.

The Dalai Lama opens *The Middle Way* with an elegant argument for the power of compassion in cultivating a happy life. From there, he connects core ideas of Buddhist philosophy to the truths of our shared condition. His Holiness delivers a sparkingly clear teaching on how the Buddhist ideas of emptiness and interdependency relate to personal experience and bring a deeper understanding of the world around us.

With fresh emphasis, the Dalai Lama links Tibetan Buddhism to its roots in the ancient Indian scholastic tradition of Nalanda and to the profound analytical teachings of Nagarjuna. Through these beautifully complementary teachings, His Holiness urges us to strive, “with an objective mind, endowed with a curious skepticism, to engage in careful analysis and seek the reasons behind our beliefs.”

“How fortunate we are to have access to these brilliant teachings given by the Dalai Lama in Toronto in 2004 and now impeccably translated by his principal English translator, Thubten Jinpa. A truly inspiring book.”

— *Mandala*

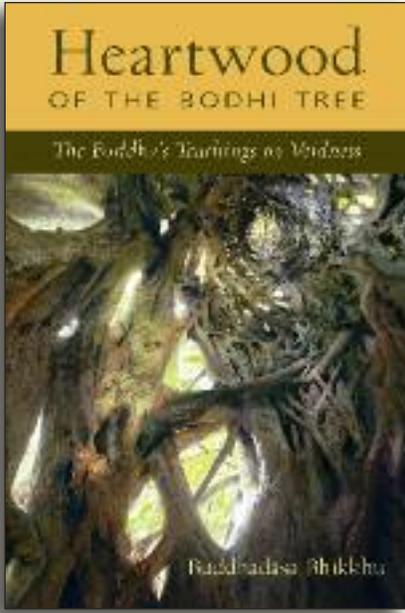


TENZIN GYATSO, THE FOURTEENTH DALAI LAMA, is the spiritual leader of the Tibetan people. He is renowned throughout the world as the embodiment of Buddhist wisdom and compassion. He was awarded the 1989 Nobel Prize for Peace and the 2007 Congressional Gold Medal of Honor for his tireless work for world peace and the liberation of Tibet. He lives in Dharamsala, India.



Since 1985, THUPTEN JINPA has been the principal English-language translator to the Dalai Lama. He has translated and edited many books by the Dalai Lama, including *The World of Tibetan Buddhism*, *Essence of the Heart Sutra*, and *Ethics for the New Millennium*. He is currently the president and the editor-in-chief of the Institute of Tibetan Classics and also currently chairs the Mind and Life Institute.

See also *The Good Heart* by the Dalai Lama, page 27,  
and *Wisdom of the Kadam Masters* by Thupten Jinpa, page 22.



## HEARTWOOD OF THE BODHI TREE

*The Buddha's Teachings on Voidness*

Buddhadāsa Bhikkhu

184 pages | \$16.95

9781614291527 | Ebook 9780861718689

April 2014

Clear and simple teachings on voidness and living an ethical life.

In *Heartwood of the Bodhi Tree*, Buddhadhāsa Bhikkhu presents in simple language the philosophy of voidness, or *suññata*, that lies at the heart of Buddhism. By carefully tying voidness to ethical discipline, Buddhadhāsa provides us clear and open grounds to reflect on the place of philosophy in our lives.

With his ecumenical, stimulating, and enthusiastically engaged approach to reading the Buddha's teaching in full flourish, Buddhadhāsa Bhikkhu transforms the jungle of philosophy into a glade as inviting as the one in which he famously taught.

“One of the most prolific and influential teachers in our modern era ... Wisdom does a wonderful service by publishing *Heartwood of the Bodhi Tree*, a precious taste of Buddhadhāsa's way.”

—*Turning Wheel*

“This remarkable and beautiful book captures the spacious and profound teachings of the Thai forest tradition.”

—*Inquiring Mind*

BUDDHADĀSA BHIKKHU (1906–93) was a famous and influential Thai Buddhist philosopher, widely known as an innovative reinterpreter of Buddhist doctrine and Thai folk belief. Buddhadhāsa fostered a reformation of conventional religious perception in his home country as well as abroad. Although he was an ordained Buddhist monk, he rejected specific religious identification and considered all faiths as essentially one. Since the 1960s his work has inspired a new generation of socially concerned individuals around the world.



Also by Buddhadhāsa Bhikkhu:



Mindfulness with Breathing  
9780861711116 | \$15.95

“A precious yogic manual.”—Larry Rosenberg, author of *Breath by Breath*

## DONGSHAN'S FIVE RANKS

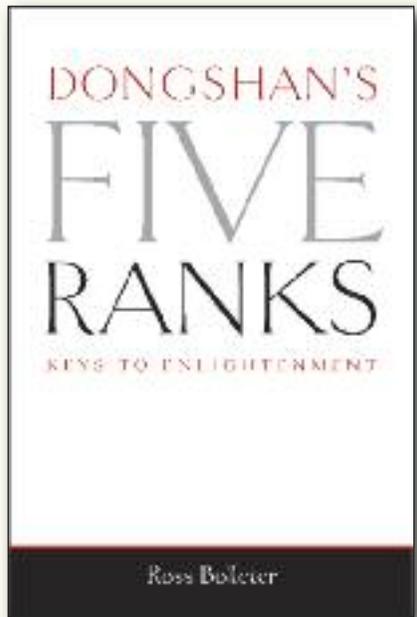
*Keys to Enlightenment*

Ross Bolleter

152 pages | \$18.95

9780861715305 | Ebook 9781614291312

May 2014



The first in-depth English commentary on the Five Ranks—a core text of the Zen tradition that teaches what can't be taught—containing new translations of all of the key texts of the Five Ranks cycle.

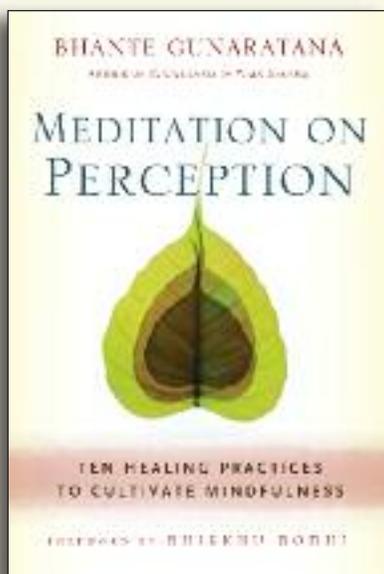
In his masterwork the Five Ranks, Dongshan, a Zen master of ninth-century China, approaches enlightenment from five angles, using paradox and poetry to lay out a multifaceted path whereby we might discover enlightenment within this very moment.

Ross Bolleter Roshi assembles and provides commentary on all of the core texts of the Five Ranks, including the precursors that inspired it and works inspired by it. Approaching the Five Ranks from a rich and sophisticated koan perspective, Bolleter Roshi augments his explanations of the works with liberal doses of humor and storytelling, bringing this esteemed classic to life. Each part of the Five Ranks focuses differently on the relationship between the timeless realm of our essential natures and the contingent realm of life and death. Together, the Five Ranks encourage us to transcend naïve individualism and to bring our best qualities of compassion and wisdom intimately into our daily lives. In this regard, *Dongshan's Five Ranks* lays out the path that every student of the Way must traverse on the journey to becoming a teacher.



**ROSS BOLLETER** is a Zen teacher in the Diamond Sangha tradition. He trained with Robert Aitken and John Tarrant and received Dharma transmission from them in 1997. Ross Bolleter teaches in Australia and New Zealand. He is a composer with numerous CD releases, especially in the field of ruined piano. His book of poems, *Piano Hill*, was published by Fremantle Press in 2009 and was the subject of a television documentary aired in Australia and New Zealand.

**NEW FROM THE BESTSELLING AUTHOR OF  
MINDFULNESS IN PLAIN ENGLISH**



**MEDITATION ON  
PERCEPTION**

*Ten Healing Practices to Cultivate Mindfulness*

Bhante Gunaratana

124 pages | \$14.95

9781614290858 | Ebook 9781614291053

June 2014

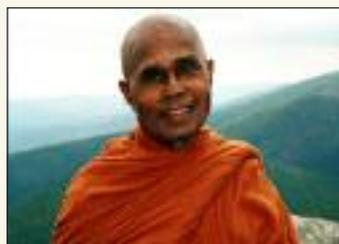
Use the unique Buddhist practice of meditation on perception, as taught by the bestselling author of *Mindfulness in Plain English*, to learn how shifting your perspective can transform mental and physical health.

Perception—one of the basic constituents of the body and mind—can be a source of suffering and pain, as well as a source of happiness and health. The Buddhist tradition teaches that perception can be trained and ultimately purified through the practice of meditation. When we understand how perception impacts our lives, we can use it, just as we do any other object of meditation, to overcome harmful ways of thinking and acting and to develop healthy states of mind instead. In *Meditation on Perception* Bhante Gunaratana brings us, for the first time in English, an illuminating introduction to the unique Buddhist practice of meditation on perception as taught in the popular Girimananda Sutta.

The ten healing practices that comprise meditation on perception make up a comprehensive system of meditation, combining aspects of both tranquility and insight meditation. As a result of these efforts, we progress on the path that leads to freedom, once and for all, from illness, confusion, and other forms of physical and mental suffering.

*Meditation on Perception* gives us the keys to move beyond ordinary, superficial perception into an enlightened perspective, freed from confusion and unhappiness.

BHANTE GUNARATANA was ordained at the age of twelve as a Buddhist monk in Sri Lanka, earned his PhD in philosophy from American University, and has led meditation retreats, taught Buddhism, and lectured widely throughout the United States, Canada, Europe, and Australia. Bhante Henepola Gunaratana is the president of the Bhavana Society in High View, West Virginia, where he lives.



See also *Mindfulness in Plain English*, page 26.

## SIT WITH LESS PAIN

*Gentle Yoga for Meditators and Everyone Else*

Jean Erlbaum

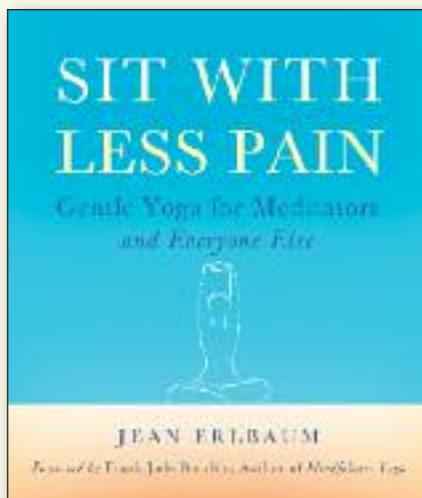
Foreword by Frank Jude Boccio

200 pages | 8.5x10" | \$19.95

9780861716791 | Ebook 9780861716845

June 2014

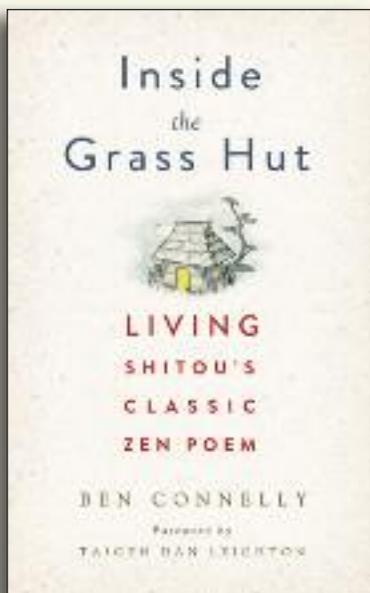
Relieve and release the stiffness that comes from prolonged sitting— at a desk, behind the wheel, or on a meditation cushion— with these easy-to-follow exercises.



All meditators know the discomfort of cramping joints and aching backs. Free yourself from pain with this beautifully illustrated guide. The book is organized anatomically, helping readers to immediately focus on the part of the body that causes them pain: tense shoulders, stiff knees, sore hips, and so on. *Sit with Less Pain* also includes instructions for flowing series of movements, which combine several exercises into smooth sequences, for readers who have mastered the individual stretches and want a more intensive experience. Gorgeous, clear illustrations and lay-flat binding—which lets the book stay open at the proper page—will help readers perfect the poses. Includes variations on stretches that can be done seated in a chair, for readers who are wheelchair-bound or just feel more comfortable sitting.



**JEAN ERLBAUM**, M.S., E.R.Y.T., L.V.C.Y.T., has been studying yoga and meditation since 1965 and has been teaching since 1972. She is certified as a teacher of several styles of yoga, meditation, and stress reduction. Jean has studied Zen for over thirty years and in 2012 was designated as a senior Dharma teacher by Boundless Way Zen (Worcester, Massachusetts). She offers classes in Greenfield, Massachusetts, and Naples, Florida, where she lives. For more information about Jean, her classes, and media resources, please go to [www.yogaforreelaxation.org](http://www.yogaforreelaxation.org).



## INSIDE THE GRASS HUT

*Living Shitou's Classic Zen Poem*

Ben Connelly

Foreword by Taigen Dan Leighton

176 pages | 5x8" | \$16.95

9781614291213 | Ebook 9781614291442

July 2014

Enter the mind and practice of Zen: apply the insights of one of Zen's classic poems to your life—here and now.

“Clearly and beautifully links the life of this mountain monk to our own complex, multitasking, engaged, and over-involved lives, showing how we can find great depth of wisdom and compassion right here. He brings this poem to our lives, just as they are.”

—Sharon Salzberg, author of *Real Happiness*

“A great addition to the latest stage in the development of Buddhist books by Westerners for Western audiences: the careful commentary to a traditional text.

There's humor, deft turning of phrase, even some paradox and poetry.”

—Norman Fischer, author of *Training in Compassion*

Shitou Xiqian's “Song of the Grass-Roof Hermitage” is a remarkably accessible work of profound depth; in thirty-two lines Shitou expresses the breadth of the entire Buddhist tradition with simple, vivid imagery. Ben Connelly's *Inside the Grass Hut* unpacks the timeless poem and applies it to contemporary life. His book delivers a wealth of information on the context and content of this eighth-century work, and directly evokes the poem's themes of simple living, calm, and a deep sense of connection to all things.

Each pithy chapter focuses on a single line of the poem, letting readers immerse themselves thoroughly in each line and then come up for air before moving on to the next. Eminently readable, thoroughly illuminating, *Inside the Grass Hut* shows the reader a path of wholehearted engagement—with the poem, and with the world. Destined to become a trusted, dog-eared companion.

**BEN CONNELLY** is a Soto Zen priest in the Katagiri lineage training with Tim Burkett at the Minnesota Zen Meditation Center. Connelly was ordained in 2009, was made shuso, or head monk, in 2012, and has been teaching at MZMC for seven years. Ben is also a professional musician and developed and leads Mindfulness in the Mountains backpacking/meditation retreats in northwest Montana. He lives in Minneapolis, Minnesota.



## INTRODUCTION TO THE LOTUS SUTRA

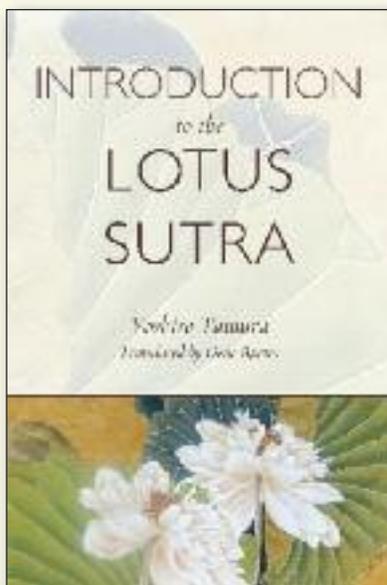
Yoshiro Tamura

Translated by Gene Reeves

176 pages | \$18.95

9781614290803 | Ebook 9781614290995

July 2014



The Lotus Sutra—one of the most popular Buddhist classics—is here accessibly introduced by one of its most eminent scholars.

“Soon after entering university in December of 1943, I was sent to the front as a student soldier. I wondered if I were allowed to bring but a single book on the trip, possibly to my death, which would I want to bring. It was the Lotus Sutra.”

—from the author’s preface

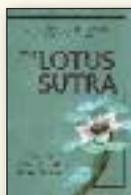
Having developed a lifelong appreciation of the Lotus Sutra, Yoshiro Tamura sought to author an introduction to this beloved work of Buddhist literature. Tamura wanted it to be different than other basic explorations of the text; his introduction would be plain-spoken, relevant and sensitive to modern concerns, and well-informed by contemporary scholarship. He succeeded marvelously with *Introduction to the Lotus Sutra*, translated here into English for the first time. Tackling issues of authenticity, the influence of culture and history on the Lotus Sutra, and the sutra’s role in Japanese life, *Introduction to the Lotus Sutra* grounds this ancient work of literature in the real, workaday world, revealing its continued appeal across the ages.

YOSHIRO TAMURA (1921–89) was a well-regarded scholar of Japanese Buddhism, known particularly for his study of the Lotus Sutra (and the traditions that developed around it) and the person of Nichiren in Japan.

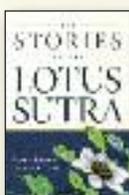


GENE REEVES is a Buddhist scholar and teacher, process philosopher, and theologian. He is a founder of the International Buddhist Congregation with headquarters in Tokyo, a part of the much larger Rissho Kosei-kai lay Buddhist organization. He retired in 2012 as distinguished professor at Renmin University of China in Beijing and continues to do field research on contemporary Chinese Buddhism in China and serve as an International Advisor at Rissho Kosei-kai in Japan. Reeves has homes in Tokyo and Chicago.

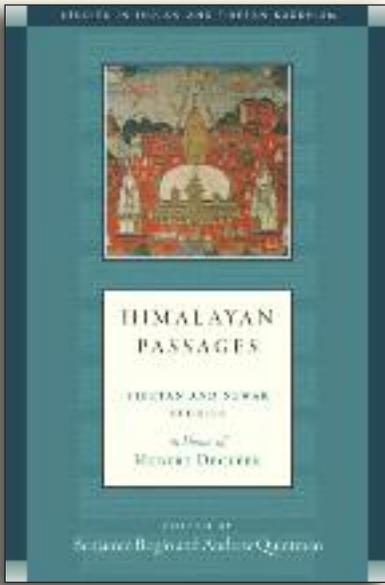
Also by Gene Reeves:



The Lotus Sutra  
9780861715718 | \$19.95



Stories of the Lotus Sutra  
9780861716463 | \$18.95



Studies in Indian and Tibetan Buddhism

## HIMALAYAN PASSAGES

*Tibetan and Newar Studies in Honor of Hubert Decleer*

Edited by Benjamin Bogin and Andrew Quintman

400 pages | \$38.95

9781614290735 | Ebook 9781614290926

August 2014

Explore new research on the religious and cultural traditions of the Himalayan Buddhist world.

Hundreds of American students studying abroad have been introduced to Tibetan culture in India, Nepal, and China by Hubert Decleer. A number went on to become prominent scholars in the field at institutions such as Yale, Berkeley, and Georgetown, and as a tribute to him they have put together this collection of cutting-edge research in Himalayan studies, bringing together contributions from this new generation with those of senior researchers in the field. This new research on the religion and culture of the Himalayan Buddhist world spans a broad range of subjects, periods, and approaches, and the diversity and strength of the contributions ensures that *Himalayan Passages* will be warmly welcomed by scholars, travelers, and Tibetan Buddhists alike.

### Highlights:

- Donald S. Lopez, Jr., tells the story of Gendun Chopel's unusual visit to Sri Lanka in 1941.
- Leonard van der Kuijp examines the *Bodhicittavivaraṇa*, an ancient work on the enlightened resolve to free all beings.
- Kabir Mansingh Heimsath compares Western and Chinese curatorial approaches to Tibetan modern art.
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**BENJAMIN BOGIN** is assistant professor of Buddhist studies in the Theology Department at Georgetown University. He received his MA and PhD (Buddhist studies) from the University of Michigan and spent six years living in Kathmandu, Nepal, where he directed study-abroad programs in the Himalayas for American students. His primary research interests are Tibetan Buddhist autobiography and the intersections of visual art, narrative, and sacred geography in Buddhist cultures. He lives in Washington, DC.

**ANDREW QUINTMAN** is assistant professor in the Department of Religious Studies at Yale University, specializing in the Buddhist traditions of Tibet and the Himalayas. For seven years he served as the academic director of the School for International Training's Tibetan studies program based in Kathmandu. He is the translator of *The Life of Milarepa*. He lives in New Haven, Connecticut.

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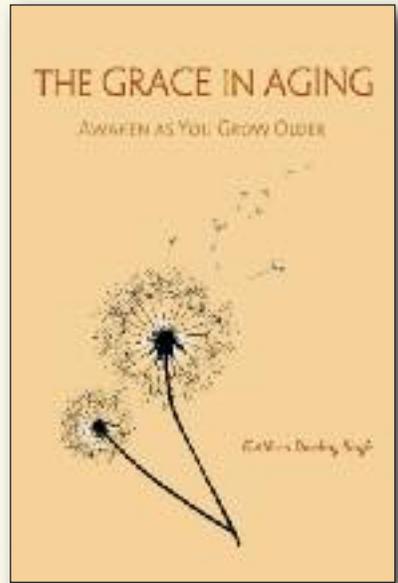
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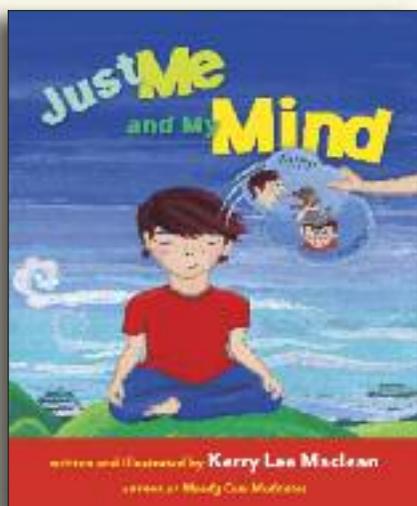
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**KATHLEEN DOWLING SINGH** is a Dharma practitioner, psychotherapist, and in-demand speaker and teacher. She is the author of *The Grace in Dying: How We Are Transformed Spiritually As We Die*. A mother and grandmother, she is old enough to be eligible for Medicare. Kathleen lives in Sarasota, Florida.



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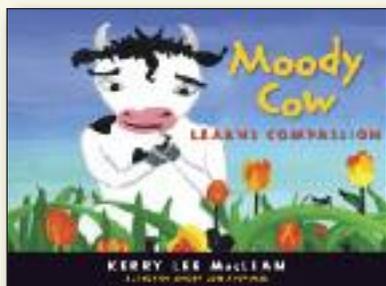
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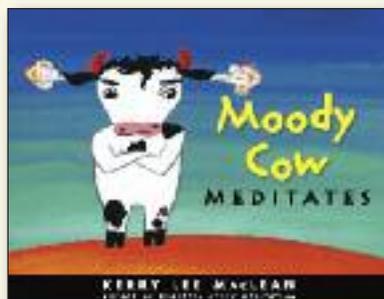
KERRY LEE MACLEAN is the author and illustrator of several award-winning and best-selling picture books. Kerry has been leading family meditative arts workshops in North America, Australia, and Europe for fifteen years. She is the mother of five young adults who still employ meditation as an important tool in their busy lives. Kerry lives in Boulder, Colorado.



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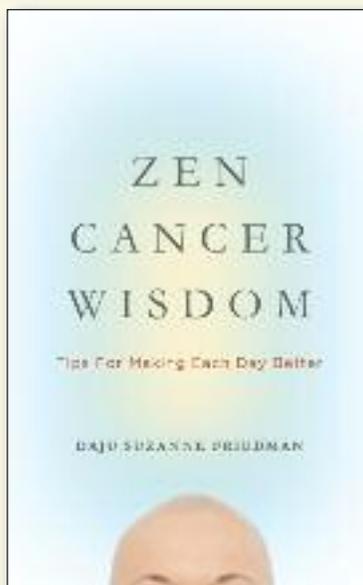
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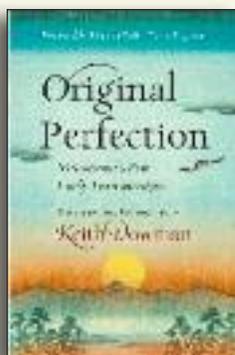
“Layman Wang once asked his attendant, ‘What would you do if a dragon suddenly arrived here?’ His attendant answered, ‘I wouldn’t pay attention to anything else.’ This is how it feels when you’ve been diagnosed with cancer. Your attention and focus shift dramatically toward just this one thing. While single-minded focus can be beneficial, it is also important to remember that you are more than your diagnosis, and that there is more to life than being a patient.”—from the introduction

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**DAJU SUZANNE FRIEDMAN** is a Zen teacher in the Hollow Bones Rinzai Zen Sangha. Having first encountered Zen at the Nagaoka Zen Juku, a Rinzai Zen monastery in Japan, she went on to become a doctor and professor of Chinese medicine, as well as a scholar of Daoism and a qigong master. Daju teaches Daoist qigong and spirituality at two Chinese medicine schools in the San Francisco Bay Area. She leads Hollow Bones Zen meditation and services in San Francisco as well. She has survived cancer and studies and plays the shakuhachi (Japanese Zen bamboo flute) as a meditative practice.

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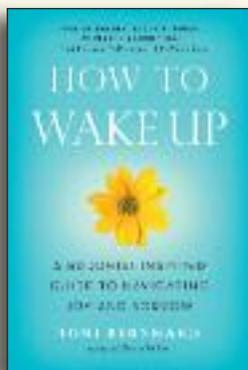
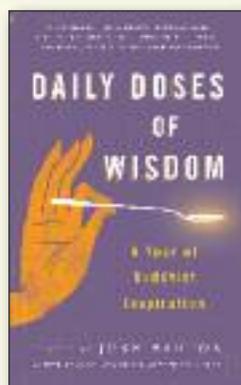
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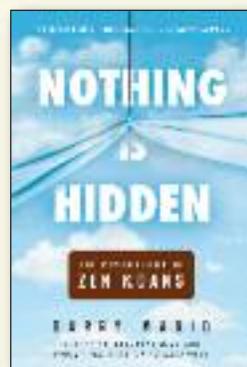
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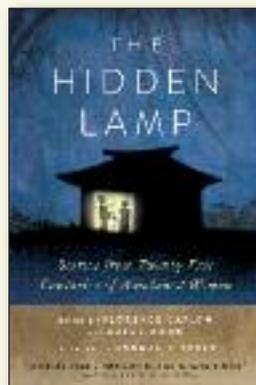
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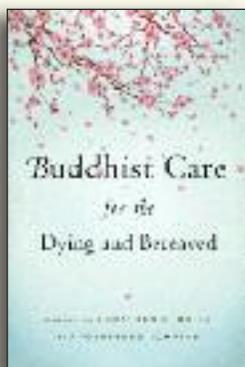
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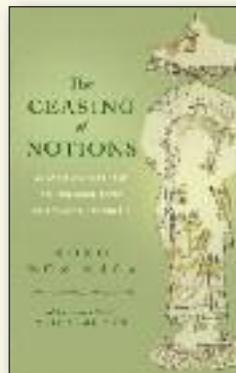
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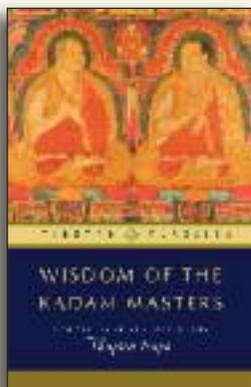
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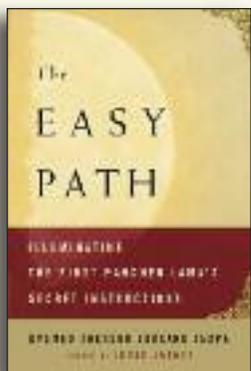
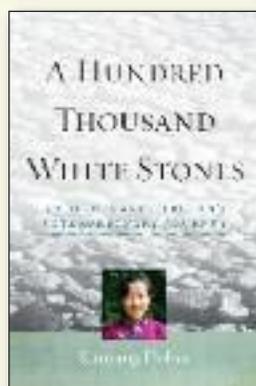
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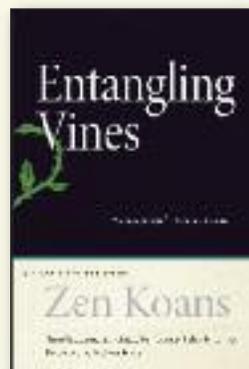
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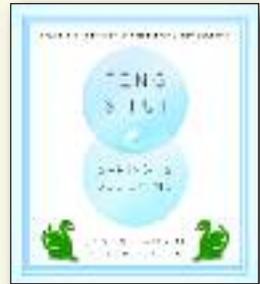
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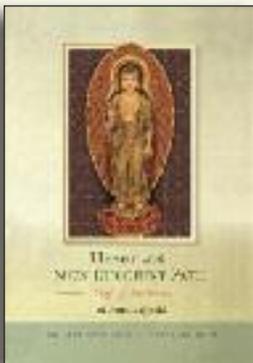
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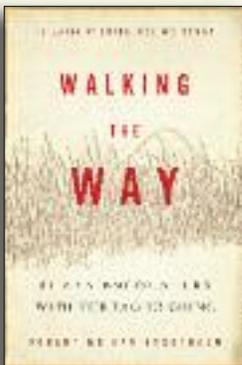
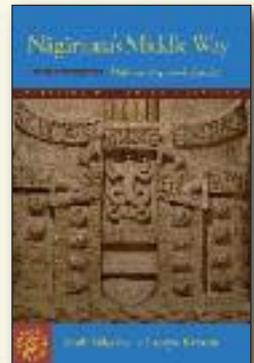
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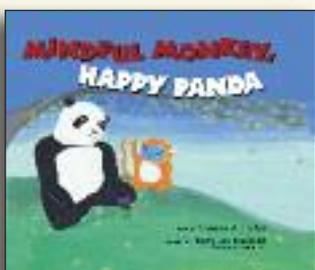
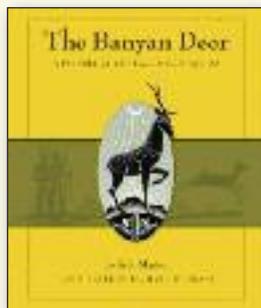
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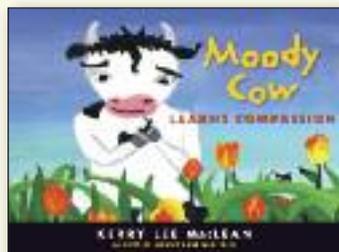
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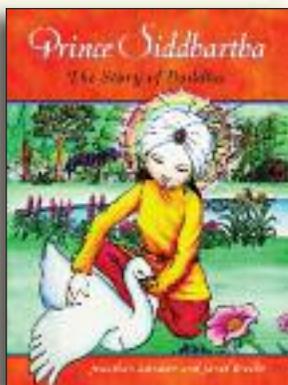
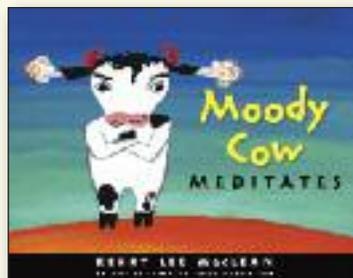
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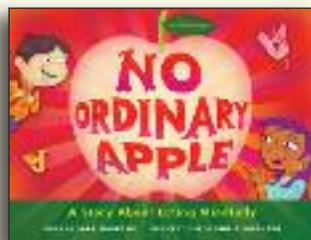
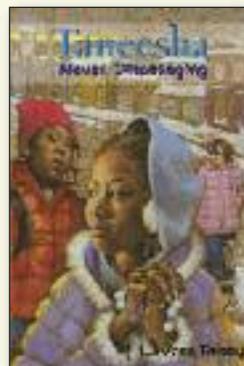
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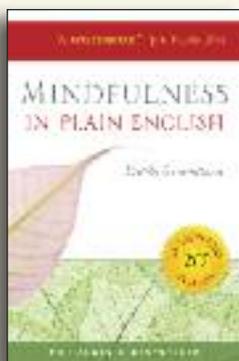
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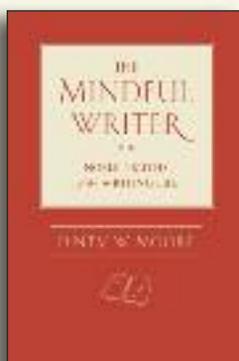
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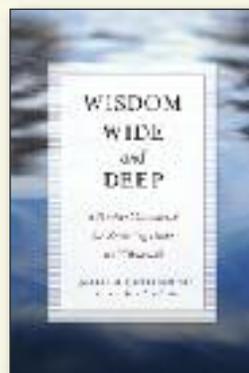
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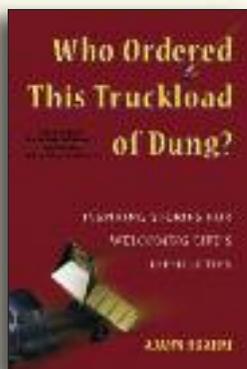
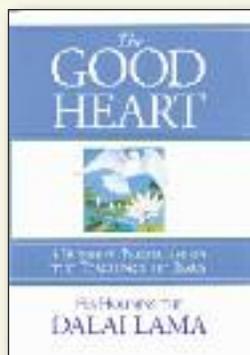
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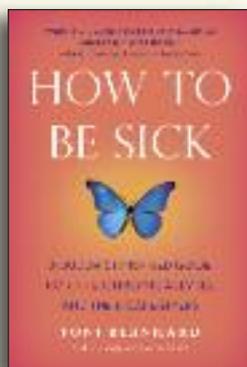
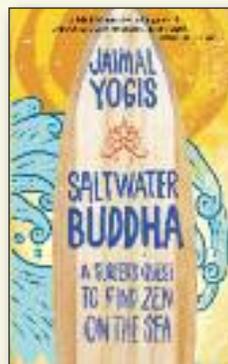
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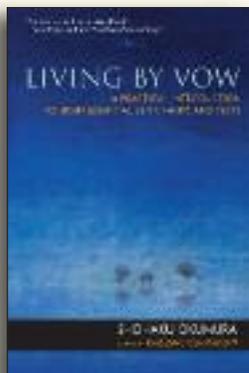
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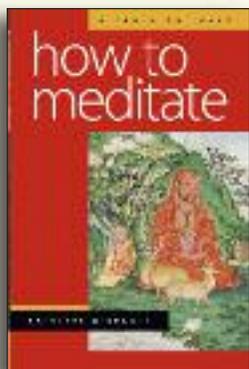
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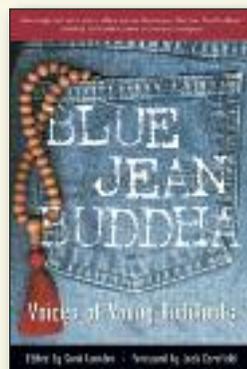
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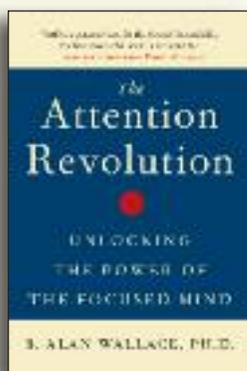
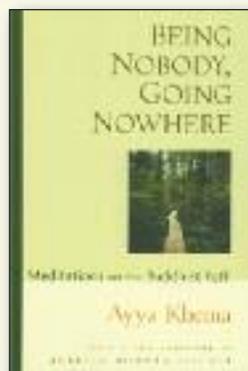
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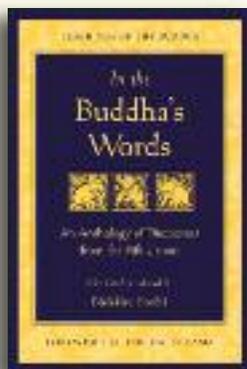
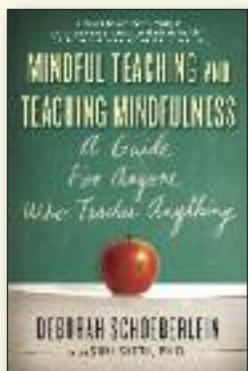
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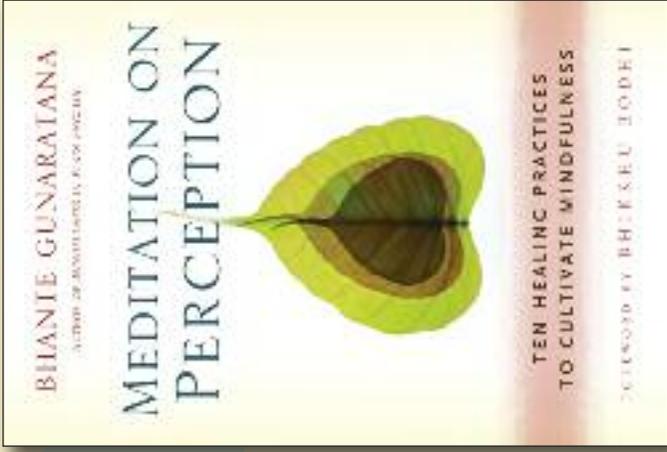
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