



## Zen im Alltag (German Edition)

*Charlotte Joko Beck*

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# Zen im Alltag (German Edition)

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Charlotte Joko Beck lehrt eine Zen-Praxis, die nicht aus unserem Alltag herausführt, sondern sich ihm ganz entschieden zuwendet: Zen als Weg, um mit Alltagsproblemen gut zu Rande zu kommen. Zen als Einstellung, die uns bei Beziehungen, bei der Arbeit, bei unseren Ängsten und Leiden hilft. Joko Becks Dharma-Vorträge in diesem Buch sind Musterbeispiele an Schlichtheit, Treffsicherheit und Vernunft. Sie sprechen Menschen unterschiedlichster religiöser und sozialer Zugehörigkeit an. Nicht zuletzt deshalb ist dieses Buch zu einem Klassiker der westlichen Zen-Literatur geworden.

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