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Eat Sleep Sit narrates a year in the life of a thirty year old designer own existence at the Zen temple Eihei-ji ??? in the deep mountains. Eihei-ji is famous for having the most rigorous ascetic Zen training in Japan. I won't try to hide my stupendous discovery of how the Zen monks were training in Eihei-ji.

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one of the most rigorous Zen monasteries in Japan and head temple of the Soto sect of Buddhism. Yet Nonomura's account of his year at Eihei-ji is full of warmth, "Eat Sleep Sit" will appeal to all those with an interest in Zen. I want to read this book since one of my goals for this year is to fight my

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