



Everyday Zen: Love and Work (Plus)

By Charlotte J. Beck

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Charlotte Joko Beck offers a warm, engaging, uniquely American approach to using Zen to deal with the problems of daily living—love, relationships, work, fear, ambition, and suffering. *Everyday Zen* shows us how to live each moment to the fullest. This Plus edition includes an interview with the author.

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Editorial Review

Review

“An extraordinary book for ordinary people. It speaks about ultimate matters with ultimate simplicity.”
(Robert Aiktken, Roshi, author of Taking the Path of Zen)

“Deals with the most important spiritual practice of all--how we can live awakened in our daily life.” (Jack Kornfield, author of A Path with Heart and After the Ecstasy, the Laundry)

“An extraordinary book for ordinary people. It speaks about ultimate matters with ultimate simplicity.”
(David Steindl-Rast, O.S.B, author of A Listening Heart)

About the Author

Charlotte Joko Beck, who passed away in 2011, was the founder and former head teacher at the Zen Center in San Diego.

Users Review

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