



The Way of Zen

By Alan W. Watts

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The Way of Zen By Alan W. Watts

In his definitive introduction to Zen Buddhism, Alan Watts explains the principles and practices of this ancient religion to Western readers. With a rare combination of freshness and lucidity, he delves into the origins and history of Zen to explain what it means for the world today with incredible clarity. Watts saw Zen as “one of the most precious gifts of Asia to the world,” and in *The Way of Zen* he gives this gift to readers everywhere.

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