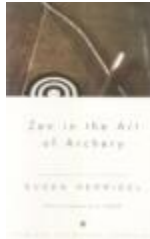


Zen: Recommended Reading

Superb Zen Books of Interest to Pistol Shooters

www.bullseyepistol.com

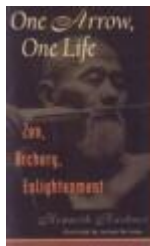
These are my favorite books on Zen, all inexpensive and readily available.



Zen in the Art of Archery

by Eugen Herrigel

The first Western book on Zen, it was written by a German philosopher who studied Zen through the art of Kyudo. Almost all recent Western writings on Zen refer to it.



One Arrow, One Life

Zen, Archery, Enlightenment
by Kenneth Kushner

A tremendous recent book that explores the discoveries of the author as he progresses in Zen through his practice of Kyudo.



Zen Mind, Beginner's Mind

By Shunryu Suzuki

An incredible collection of images and explanations of Zen teachings by a gifted and accomplished Zen master who established Zen in America in the 1970's.



Zen and the Art of Anything

By Hal French

An easy-reading book that uses imagery and quotations to explain Zen in everyday life.



Illuminated Spirit

Conversations with a Kyudo Master
By Dan and Jackie DeProspero

The authors discuss all aspects of their studies under a Kyudo master in Japan. This is an outstanding practical book on Zen.



Zen Action, Zen Person

By T. P. Kasulis

A very thorough examination of Zen practice and teaching. It is the first book on Zen to be written by an American philosopher and deeply dissects Zen for a Western audience.



Samadhi

Self Development in Zen, Swordmanship and Psychotherapy
By Mike Sayama

A superb work on Zen in practice written by a PhD in psychology.



Nothing Special - Living Zen

By Charlotte Joko Beck and Steve Smith

A quality work by an American Zen teacher that discusses solutions in Zen to the many mysteries and difficulties of the human experience.