



How to Raise an Ox: Zen Practice as Taught in Master Dogen's Shobogenzo

Francis Dojun Cook

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The writings of Zen master Dogen are among the highest achievements not only of Japanese literature but of world literature. Dogen's writings are a near-perfect expression of truth, beautifully expressing the best of which the human race is capable. In this volume, Francis Cook presents ten selections from Dogen's masterwork, the Shobogenzo, as well as six of his own essays brilliantly illuminating the mind of this peerless master.

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