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'Eat, Sleep, Sit' is a book about the day to day life in a Zen monastery from the point of view of a Japanese trainee monk. Not only is it beautifully written (and by extension well translated) but it manages to keep you both fascinated and involved throughout.

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Eat Sleep Sit: My Year at Japan's Most Rigorous Zen Temple ...

Eat Sleep Sit: My Year at Japan's Most Rigorous Zen Temple. At the age of thirty, Kaoru Nonomura left his family, his girlfriend, and his job as a designer to undertake a year of ascetic training at Eihei-ji, one of the most rigorous Zen training temples in Japan. This book is

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Nonomura's account of his experiences.

Eat Sleep Sit: My Year at Japan's Most Rigorous Zen Temple ...

After writing Eat Sleep Sit, Kaoru Nonomura returned to his normal life as a designer, but his book has maintained its popularity in Japan, selling more than 100,000 copies since its first printing in

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1996. Beautifully written, and offering fascinating insight into a culture of hardships that few people could endure, this is a deeply personal story that will appeal to all those with an interest in Zen Buddhism, as well as to anyone seeking spiritual growth.

Eat Sleep Sit: My Year at Japan's

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Most Rigorous Zen Temple ...

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Eat Sleep Sit : My Year at Japan's Most Rigorous Zen ...

Kaoru Nonomura, author of Eat Sleep Sit, never directly tells us why he goes to Eihei-ji, but he brings us inside the walls and describes the year he spent there with remarkable detail and clarity. First published in Japan in 1996, the memoir has been well received, especially in

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Asia, encouraging Kodansha International to recently distribute a translated edition in Europe and the US.

Eat Sleep Sit: My Year At Japan's Most Rigorous Zen Temple ...

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Eat Sleep Sit - OK Virtual Library - OverDrive

Eat Sleep Sit. At the age of 30, Kaoru Nonomura left his family, his girlfriend, and his job as a Tokyo designer to undertake a year of ascetic training at Eihei-ji, one of the most rigorous Zen monasteries in Japan and head temple of

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the Soto sect of Buddhism. This book is Nonomura's account of that year, and his quietly determined quest to imbue his life with spiritual meaning.

Eat Sleep Sit - Japan Today

There's a reason why this is the most popular sleep position. The fetal position has loads of benefits. Not only is it great

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for lower back pain or pregnancy, sleeping in the fetal position can ...

Best Sleeping Position for Better Sleep and Health

Back in 2004, when we started Eat Sleep Live, the goal was to provide a high-quality but affordable alternative to the mass-produced, flat-pack furniture that

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had become so popular in recent years. Our ambition was to provide a bespoke approach to crafting solid wood furniture, one which would provide each and every customer with a personal service and a unique piece of beautiful rustic furniture, for life.

Eat Sleep Live - Reclaimed Wood

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Furniture, Rustic, Solid ...

About Eat Sleep Sit. At the age of thirty, Kaoru Nonomura left his family, his girlfriend, and his job as a designer to undertake a year of ascetic training at Eihei-ji, one of the most rigorous Zen training temples in Japan. This book is Nonomura's account of his experiences.

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Eat Sleep Sit by Kaoru Nonomura: 9781568365657 ...

In short, the Japanese have traditionally eaten and slept on the floor for a very long time. And they want to protect their culture and customs. Another reason why they sleep and eat on the floor is that the soft tatami mats don't allow for heavy furniture because it would leave

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marks on the floors. Japan also experiences many earthquakes.

Why Do The Japanese Eat And Sleep On The Floor? - nihonnaka

For that reason, Eat Sleep Sit is an incalculable treasure, allowing readers to step inside not only the monastery but also the mind of the dedicated

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trainees and monks. Nonomura's simple, elegant, and evocative writing style in the gifted hands of translator Juliet Winters Carpenter conjures vivid images of the men and the place.

Book review: Kaoru Nonomura's *Eat Sleep Sit: My Year at ...

After writing *Eat Sleep Sit*, Kaoru

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