



# The Art of Zen Meditation

*Howard Fast*

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# The Art of Zen Meditation

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**The Art of Zen Meditation** Howard Fast

**Bestselling author Howard Fast's straightforward introduction to Zen meditation**

Howard Fast began to formally practice Zen meditation after turning away from communism in 1956. *The Art of Zen Meditation*, originally published by the antiwar political collective Peace Press in 1977, is the fruit of Fast's study: a brief and instructive history of Zen Buddhism and its tenets, written with a simplicity that is emblematic of the philosophy itself. Fast's study of Zen also inspired his popular Masao Masuto mystery series about a Zen Buddhist detective in Beverly Hills, which he published under the pseudonym E. V. Cunningham.

*The Art of Zen Meditation* is illustrated with twenty-three beautiful photographs.

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