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Eat Sleep Sit

`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.

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

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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 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 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.

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

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. Eat Sleep Sit: My Year At Japan's Most Rigorous Zen Temple By Kaoru Nonomura - California Literary Review

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

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Temple ...

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There are some foods that contain substances that may enhance sleep. For example, turkey and pork chops contain high levels of tryptophan, a substance that is metabolized by our bodies into serotonin and melatonin, sleep-inducing agents. In addition, some foods like cherries contain small amounts of melatonin.

How Long to Wait Before Sleeping After Eating

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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. He skillfully describes every aspect of training,

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including how to meditate, how to eat, how to wash, and even how to use the toilet, in a way that is easy to understand even for readers with no knowledge of Zen Buddhism.

Eat Sleep Sit by Kaoru Nonomura: 9781568365657 ...

Eat Sleep Sit. My Year at Japan's Most Rigorous Zen Temple. Kaoru Nonomura&Juliet Winters Carpenter. 5.0, 1 Rating. \$10.99. \$10.99. Publisher Description. 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.

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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 trainees and monks. Nonomura's simple, elegant, and evocative writing style in the gifted hands

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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 ...

Eat Sleep Sit: My Year at Japan's Most Rigorous Zen Temple.
Author: Kaoru Nonomura - Translated by Juliet Winters
Carpenter. Pub: Kodansha USA. ISBN: 978-1-56836-565-7.

Book Review: Eat Sleep Sit: My Year at Japan's Most ...

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