

# [PDF] Everyday Zen: Love And Work

Charlotte Joko Beck - pdf download free book

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**Books Details:**

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**Description:**

**Review** 'Deals with the most important spiritual practice of all - how we can live awakened in our daily life.' Jack Kornfield

**About the Author** Charlotte Joko Beck was born in New Jersey and brought up a family of 4 children. In her forties she began the practice of Zen with Maezumi Roshi and Soen Roshi. Joko was eventually designated as Maezumi Roshi's third Dharma heir and now lives and teaches in the San Diego Zen Centre.

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