

The Three Pillars of Zen by Philip Kapleau

1989 Anchor Books (updated and revised edition)

Through explorations of the three pillars of Zen - teaching, practice, and enlightenment - Roshi Philip Kapleau, who has played a key role in bringing Zen Buddhism to America, presents a comprehensive overview of the history and discipline of Zen Buddhism.

An established classic, this updated and revised edition features new photographs, as well as a new afterword by Bodhin Kjhede, who succeeded Philip Kapleau as abbot of the Rochester Zen Center, one of the oldest and most influential Zen Centers in the United States.

"The Three Pillars of Zen heralded the end of armchair Buddhism. With this practical guide to Zen meditation, Roshi Kapleau ushered in the first wave of American zazen practitioners. It was extraordinarily inspiring. It still is."

- *Helen Tworikov, founding editor of Tricycle: The Buddhist Review and author of Zen in America.*

"For over thirty years Roshi Kapleau's Three Pillars of Zen has been the wellspring of Zen teachings for practitioners in the West remaining as vital and fresh today as it was when it was originally published. It truly ranks among the timeless classics of Zen Buddhism." - *Roshi John Daido Loori, Abbot, Zen Mountain Monastery.*

