



The Zen Life: Spiritual Training for Modern Times (Paperback)

By Alex Mill

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I have learned a lot from Alex Mill already, and now this book has impacted me further. buy copies for the people whose peace of mind you care about! Steve Chandler, Author of CRAZY GOOD In Alex s many years of intense Zen training, he went from starting as a fledgling monk who was assigned basic tasks to a leader entrusted to run the monastery s small business, guide individuals, facilitate workshops and retreats and create curriculum on transformational inner development. The Zen Life is a collection of writings based upon Alex s personal monastic and coaching experiences and is an attempt to bridge the gap between timeless teachings and their modern day applications in the world.



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