



Instructions to the Cook: A Zen Master's Lessons in Living a Life That Matters

By Bernie Glassman, Rick Fields

Shambhala Publications, United States, 2013. Paperback. Book Condition: New. 202 x 114 mm. Language: English . Brand New Book. Zen is not just about what we do in the meditation hall, but what we do in the home, the workplace, and the community. That's the premise of this book: how to cook what Zen Buddhists call the supreme meal --life. It has to be nourishing, and it has to be shared. And we can use only the ingredients at hand. Inspired by the thirteenth-century manual of the same name by Dogen, the founder of the Japanese Soto Zen tradition, this book teaches us how we can enlarge the family we're feeding if we just use some imagination. Bernie Glassman founded Greyston Bakery in Yonkers, New York, in 1982 to employ those whom other companies deem unemployable--the homeless, ex-cons, recovering addicts, low-skill individuals--with the belief that investing in people, and not just products, does pay. He was right. Greyston has evolved into an \$8 million-a-year business with clients all over New York City. It is the sole supplier of brownies to Ben Jerry's Ice Cream, and has even sold cakes to the White House. But financial profit is...



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