



# **Buddhism Is Not What You Think: Finding Freedom Beyond Beliefs**

*Steve Hagen*

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# Buddhism Is Not What You Think: Finding Freedom Beyond Beliefs

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“[Hagan’s] book will appeal to readers interested in what true Zen practice is supposed to be about beyond all the popular images and colorful stories.”<?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" />

—Robert M. Pirsig, *New York Times* bestselling author of *Zen and the Art of Motorcycle Maintenance*

*Buddhism is Not What You Think* is a clear, direct, and engaging guide to the most essential elements of spiritual inquiry: attention, intention, honesty with oneself, compassion, and the desire to awaken. A renowned Zen teacher, Steve Hagen offers a valuable hands-on guidebook in which examples from everyday life are presented alongside stories from Buddhist teachers past and present to banish misconceptions and inspire the newcomer and the knowledgeable practitioner alike. *Buddhism is Not What You Think*—it is both more...and less.

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