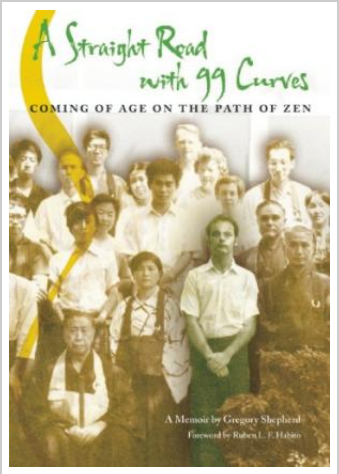

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A Straight Road with 99 Curves: Coming of Age on the Path of Zen

By Gregory Shepherd, Ruben L. F. Habito

Stone Bridge Press. Paperback. Book Condition: new. BRAND NEW, A Straight Road with 99 Curves: Coming of Age on the Path of Zen, Gregory Shepherd, Ruben L. F. Habito, "Deeply involving, instructive, and capable of touching any reader who cares about the search for meaning."--Mitch Horowitz, author of Occult America "In being so frank about his own struggles and fantasies, Greg's personal tale becomes something more universal."--David R. Loy, author of Money, Sex, War, Karma: Notes for a Buddhist Revolution In 1971, when Greg Shepherd was in his early twenties, he left New Jersey and joined the Koko An Zendo community in Hawaii. What began as a quest for enlightenment became Greg's confrontation with his own inner demons: his need for approval, his distrust of authority, and his ego-driven fixation on achieving the profound spiritual breakthrough of kensho ("the Big K"). Later, in Japan, he struggled with prejudice and cultural rigidity and found his deeper meditations leading to actual panic attacks over fear of losing himself. Ultimately, he broke with Zen and his teachers to pursue a career in music. This frank memoir traces Greg Shepherd's meandering path from seeker to disillusionment, and, over a decade later, his way back...

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