



The Art of Zen Meditation

Howard Fast

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The Art of Zen Meditation Howard Fast

Bestselling author Howard Fast's straightforward introduction to Zen meditation

Howard Fast began to formally practice Zen meditation after turning away from communism in 1956. *The Art of Zen Meditation*, originally published by the antiwar political collective Peace Press in 1977, is the fruit of Fast's study: a brief and instructive history of Zen Buddhism and its tenets, written with a simplicity that is emblematic of the philosophy itself. Fast's study of Zen also inspired his popular Masao Masuto mystery series about a Zen Buddhist detective in Beverly Hills, which he published under the pseudonym E. V. Cunningham.

The Art of Zen Meditation is illustrated with twenty-three beautiful photographs.

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