



# **Don't Be a Jerk: And Other Practical Advice from Dogen, Japan's Greatest Zen Master - A Radical but Reverent Paraphrasing of Dogen's Treasury of the True Dharma Eye**

*Brad Warner*

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The *Shōbōgenzō* (*The Treasury of the True Dharma Eye*) is a revered eight-hundred-year-old Zen Buddhism classic written by the Japanese monk Eihei Dōgen. Despite the timeless wisdom of his teachings, many consider the book difficult to understand and daunting to read. In *Don't Be a Jerk*, Zen priest and bestselling author Brad Warner, through accessible paraphrasing and incisive commentary, applies Dōgen's teachings to modern times. While entertaining and sometimes irreverent, Warner is also an astute scholar who sees in Dōgen very modern psychological concepts, as well as insights on such topics as feminism and reincarnation. Warner even shows that Dōgen offered a "Middle Way" in the currently raging debate between science and religion. For curious readers worried that Dōgen's teachings are too philosophically opaque, *Don't Be a Jerk* is hilarious, understandable, and wise.

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