



Mind Body Zen: Waking Up to Your Life

Jeffrey Maitland

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In *Mind Body Zen*, long-time Zen student, world-renowned Rolfer, and former philosophy professor Jeffrey Maitland combines his expertise across the mind-body-zen spectrum to help bridge the East-West gap in spiritual practice.

Tackling the prevailing misconception that Zen is a philosophy, Maitland provides an in-depth explanation of why Zen is an eminently practical, grounded discipline. He emphasizes the power of simple, direct experience that lies at the heart of Zen. Maitland's training in philosophy as well as bodywork distinguishes *Mind Body Zen* from many other books on the market. Drawing on his Roling expertise and years of applied meditation practice, he also offers techniques for healers across many systems and disciplines to more effectively work with their clients. Threaded throughout these discussions are the insights of Joshu Sasaki Roshi, founder of Mt. Baldy Zen Center, best known by some as Leonard Cohen's teacher, still actively teaching at age 102 but whose work has rarely been published. *Mind Body Zen* will appeal to the growing number of Western Buddhists and spiritual seekers interested in Zen or meditation. Somatic therapists, psychotherapists, and healers of every persuasion will also find the connection between Zen and healing to be of great interest.

From the Trade Paperback edition.

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