



all zen / all the time

PHILIP TOSHIO SUDO

Smell the coffee and **wake up!**

The enlightenment of zen is yours to discover—in a cup of joe, a traffic jam, a bad hair day, or the blink of an eye—
24 hours a day, 7 days a week.

If you're searching for revelation and contentment, look no further than a handshake, the mirror—even your laundry pile. The most mundane details of life contain zen's profound truths, says Philip Toshio Sudo, **if** you're of the mind to look for them.

With his signature wit and modern-day wisdom, Sudo uses koans, parables, and meditations to challenge and encourage you to stay rooted in the here and now. Look inward, urges the author, and open your mind to eternal truths. Regard each day with wonder, hope, and gratitude, as you recognize the divine in the ordinary. By awakening to and embracing the zen in your life, you'll listen, watch, eat, work, laugh, sleep, and breathe your way to truth—every moment of every day.

PHILIP TOSHIO SUDO is an award-winning journalist and the author of *Zen Guitar*, *Zen Computer*, and *Zen Sex*.

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