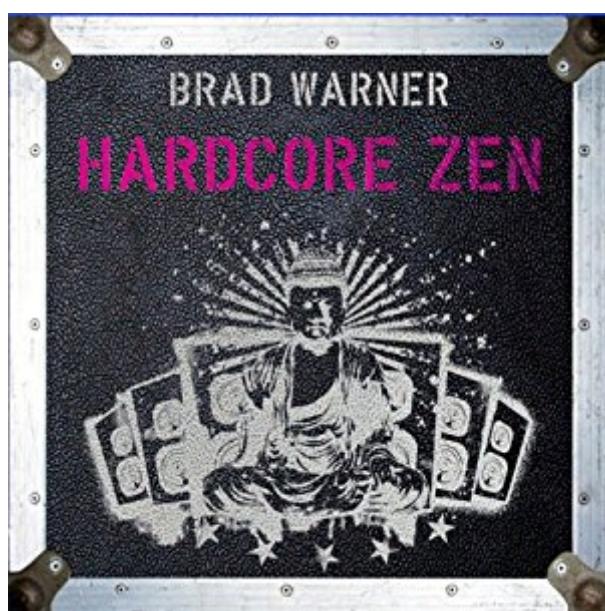


The book was found

Hardcore Zen: Punk Rock, Monster Movies And The Truth About Reality



Synopsis

This is not your typical Zen book. Brad Warner, a young punk who grew up to be a Zen master, spares no one. This bold new approach to the "Why?" of Zen Buddhism is as strongly grounded in the tradition of Zen as it is utterly revolutionary. Warner's voice is hilarious, and he calls on the wisdom of everyone from punk and pop culture icons to the Buddha himself to make sure his points come through loud and clear. As it prods readers to question everything, Hardcore Zen is both an approach and a departure, leaving behind the soft and lyrical for the gritty and stark perspective of a new generation. The subtitle says it all: There has never been a book like this.

Book Information

Audible Audio Edition

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Customer Reviews

There are probably as many opinions about Zen and Buddhist practice as there are Zen practitioners. Brad Warner cuts through the rhetoric and dogma with a very down-to-Earth and blunt style that is more useful for a real western Zen novice than all the traditional academics out there. Highly recommended!

I read Brad Warner's second book *Sit Down and Shut up* and enjoyed it so much that I had to get his first book, this book, and read it. I will say that I liked *Sit Down and Shut Up* more than this book but it is still a very good read. Good enough that after this one I had to keep going, and in the last 6 weeks, I have read all five of his Zen books. They are very motivating. They make it clear that the practice of Zazen is the most important thing. I have been practicing for years, and I have just now

begun practicing regularly. So, thank you Brad for that! Also, what I like about his books is that he is very human. He doesn't try to sound like anything other than he is. He may be a "Zen Master" but he talks like a "Zen Practicer". I don't agree with everything he says and a-lot of the time I would really like to have a good argument with him. This is good. It means his writing style is engaging; engaging enough to be enraging sometimes. The downfall to his books is that there are MANY typographical errors. Which, I know we all do. I probably have some in this review. But, this is not a published book. Typographical errors interrupt the flow and "cheapen" the experience because they make it seem like it wasn't worth the effort to do it right. This is especially true for his newest book, Hardcore Zen Strikes Back.

I see there are some folks that really disapprove of Brad Warner's way of presenting Buddhism. Well all I can say to that is that not all us have that same background, and can appreciate the same ways of communication on any subject. That goes especially for spirituality. Even the Dalai Lama said in The Art of Happiness that "there are over 7 billion people in this world, maybe there should be 7 billion religions." I believe that a demeanor like Warner's for the face of Buddhism is one that is long overdue in our society. His attitude towards the subject is one that resonates with the many people of today that tend to be turned off by most religious and spiritual practices. Most people I know that ask me about Buddhism get the impression a bunch of flower loving hippies doing yoga. There are many different flavors of Buddhism, but a lot of the cultural fluff that surrounds it covers up its very simple message. This book reveals that message from the perspective of a man that was once very pessimistic towards the idea of most spiritual practices and their dogmas. The first chapter describes exactly how I felt about many subjects including Buddhism. This passage from the book could sum it all up: "It's a damned shame that so much so-called Buddhist writing seems intended to function like spiritual elevator music. Mix up some lullaby-style writing and a few well-worn Buddhist clichÃ©s--or quotes from Yoda ("Let the Force flow through you!") and David Carradine's character in Kung Fu ("Patience, Grasshopper!"), if you don't know any real Buddhist soundbites--wrap it all up in a serene cover with a rippy-water picture and--Hey! Yer makin' Buddhism!" This was a very funny and entertaining read! If you do read this book, and like its angle, I also recommend Buddhism Plain and Simple by Steve Hagan.

I first heard of Brad Warner in 2004 or 2005, when my roommate bought "Hardcore Zen" and was telling me how great it was. Because at the time I knew nothing of Zen, I figured I would not like the book because I wouldn't understand it. Then I read a nasty, negative review on and realized I

needed to read this book. I find that there's always something pretty awesome in a book that gets a nasty review--I assume that the author hit a nerve. So I read it. I am slow reader and at that point in my life I was going through some major anxiety. I savored the book. It was what I needed at the point in my life. I became a fan of Brad's blog. I have read another book of his I really like "Sex, Sin and Zen." I need to read the others. I plan on reading "Zen Dipped in Chocolate Wrapped Karma" next. I find him to be both a gifted writer and an insightful man. Anyhow, I realize that I probably would get more out of reading "Hardcore Zen" now. So I bought the Kindle edition. I actually like it even better now--maybe the additional life experience I have had over the past six years makes it even more relevant to my current life experience. Although I have never been able to figure out exactly why someone left a nasty review, it prompted me to read it so, angry, negative reviewer (whoever you really are), I thank you. And Brad Warner--Thank you for your wonderful writing.

An amazing introduction to Zen for anyone tired of the dry, dusty language typically associated with books on philosophy. My only complaint is the author has a very limited explanation of how mediation is actually to be practiced. It seems clear the point of this book was to give an insight into the ideals of Zen rather than a practical explanation of how it is practiced.

Warner, in his own punk style, has written a masterful book, introducing the reader to the world of Zen. And like a good punk song it is raw and honest and irreverent. A great look at Zen and it's importance to all of us.

Gift...the recipient liked it

Brad, Thank you for your honest, succinct and down to earth way of explaining the ideas behind Buddhism!! I appreciate it that you do NOT talk above or at those of us reading. As a Reiki Master Teacher I have met some other Reiki Masters who seem to think they are above everyone else. Well, I have news for them, I attuned my CAT to Reiki Level Three! LOL REiki, like Buddhism is for everyone and all are equal. So, with all that said. YES, you are down to earth, real and a true Bodhisattva!

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