



The Zen Life: Spiritual Training for Modern Times

Alex Mill

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In Alex's many years of intense Zen training, he went from starting as a fledgling monk who was assigned basic tasks to a leader entrusted to run the monastery's small business, guide individuals, facilitate workshops and retreats and create curriculum on transformational inner development.

The Zen Life is a collection of writings based upon Alex's personal monastic and coaching experiences and is an attempt to bridge the gap between timeless teachings and their modern day applications in the world.

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