



Zen to Go: Bite-Sized Bits of Wisdom

Jon Winokur

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This provocative guide offers bite-size wisdom from East and West, from such intuitive Zen masters as Henry Miller, Albert Einstein, Yogi Berra, Woody Allen, and Joan Didion. It conveys the essence of Zen with an eclectic mix of pithy ponderings on life, death, art, nature, reality, time, and nothingness. Witty and wise, airy and deep, *Zen to Go* is open to all (lotus position optional). Or in the ultimate act of Zen, it can be ignored altogether. As Gertrude Stein said, “There ain’t no answer. There ain’t never going to be any answer. There has never been an answer. That’s the answer.”

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