



An Introduction to Zen Buddhism

D. T. Suzuki

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One of the world's leading authorities on Zen Buddhism, D. T. Suzuki was the author of more than a hundred works on the subject in both Japanese and English, and was most instrumental in bringing the teachings of Zen Buddhism to the attention of the Western world. Written in a lively, accessible, and straightforward manner, *An Introduction to Zen Buddhism* is illuminating for the serious student and layperson alike. Suzuki provides a complete vision of Zen, which emphasizes self-understanding and enlightenment through many systems of philosophy, psychology, and ethics. With a foreword by the renowned psychiatrist Dr. Carl Jung, this volume has been generally acknowledged a classic introduction to the subject for many years. It provides, along with Suzuki's *Essays and Manual of Zen Buddhism*, a framework for living a balanced and fulfilled existence through Zen.

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