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Title page

## Zen in the Age of Anxiety

## WISDOM FOR NAVIGATING OUR MODERN LIVES

Tim Burkett

EDITED BY WANDA ISLE



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## Title page verso

Shambhala Publications, Inc. 4720 Walnut Street Boulder, Colorado 80301 www.shambhala.com

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987654321

First Edition Printed in the United States of America

⊗This edition is printed on acid-free paper that meets the American National Standards Institute z39.48 Standard.
७ This book is printed on 30% postconsumer recycled paper. For more information please visit www.shambhala.com.
Distributed in the United States by Penguin Random House LLC and in Canada by Random House of Canada Ltd

Library of Congress Cataloging-in-Publication Data
Names: Burkett, Tim, author. | Isle, Wanda, editor.
Title: Zen in the age of anxiety: wisdom for navigating our modern lives /
Tim Burkett; edited by Wanda Isle.
Description: First Edition. | Boulder: Shambhala, 2018. | Includes index.
Identifiers: LCCN 2017040620 | ISBN 9781611804867 (pbk.: alk. paper)
Subjects: LCSH: Zen Buddhism. | Anxiety—Religious aspects—Zen
Buddhism.
Classification: LCC BQ9268.6 .B87 2018 | DDC 294.3/927—dc23

LC record available at https://lccn.loc.gov/2017040620

Book is not illustrated.

Last numbered page is 170.

Book has bibliographical references on page 159-160.

Book has an index.