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The Buddha in Blue Jeans Book Collection Tai Sheridan Ph.D.

A Collection of three of Zen priest and poet Tai Sheridan's #1 best selling Buddhist contemplation books: Buddha in Blue Jeans: An Extremely Short Simple Zen Guide to Sitting Quietly and Being Buddha; Secrets of True Happiness; and Relax...You're Going to Die. The Buddha in Blue Jeans Collection explores sitting quietly with awareness, discovering the source of happiness within yourself, and making peace with living and dying. Many of Tai Sheridan's books transform ancient Buddhist texts into accessible and inspirational verse. He trained for forty-three years in the Shunryu Suzuki lineage.



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