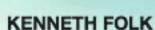
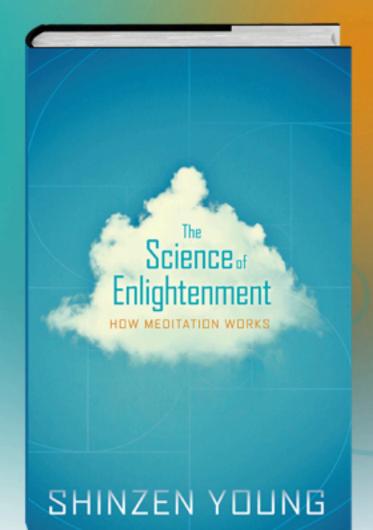
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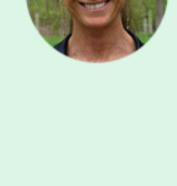
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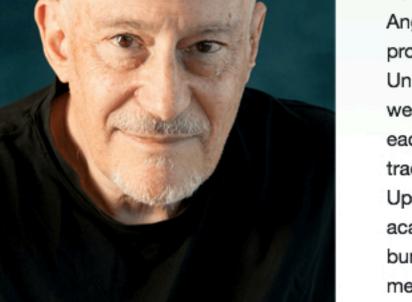


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About the Author



Asian culture while a teenager in Los
Angeles. Later he enrolled in a PhD
program in Buddhist Studies at the
University of Wisconsin. Eventually, he
went to Asia and did extensive training in
each of the three major Buddhist
traditions: Vajrayana, Zen and Vipassana.
Upon returning to the United States, his
academic interests shifted to the
burgeoning dialogue between Eastern
meditation and Western science.

Shinzen Young became fascinated with





