



Sit Down and Shut Up: Punk Rock Commentaries on Buddha, God, Truth, Sex, Death, and Dogen's Treasury of the Right Dharma Eye

Brad Warner

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In *Sit Down and Shut Up*, Brad Warner tackles one of the great works of Zen literature, the Shobogenzo by 13th-century Zen master Dogen. Illuminating Dogen's enigmatic teachings in plain language, Warner intertwines sharp philosophical musings on sex, evil, anger, meditation, enlightenment, death, God, sin, and happiness with an exploration of the power and pain of the punk rock ethos. Riffing on his triumphant return to Ohio for a reunion concert of Akron punk bands, Brad uncovers the real heart of Zen, in teachings and stories with a sharp smack of truth,.

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