

From the Renowned Author of
The Tassajara Bread Book!

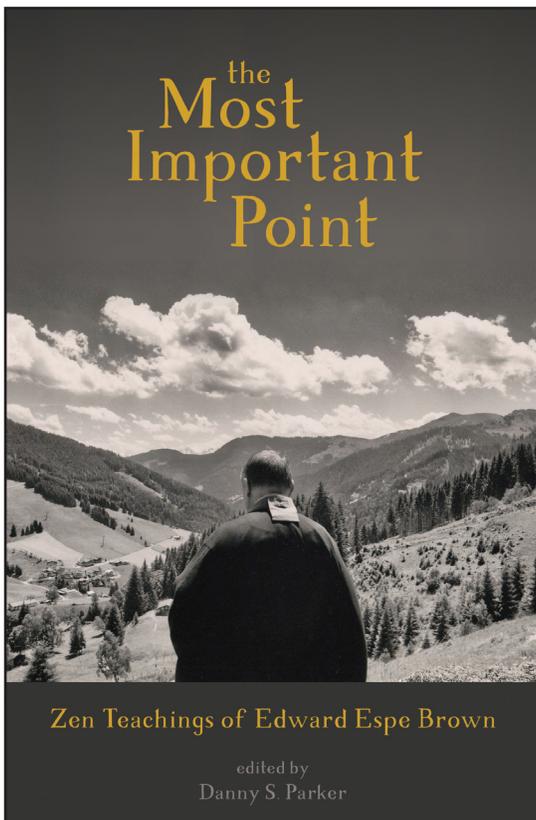
“Irresistible...Ed and Danny, two master chefs, have prepared a simple and elegant literary feast—with Tassajara magic for its background flavor. Humor and well-chosen poems add juice to dish after dish. **THE MOST IMPORTANT POINT** does not shy away from relating raw personal experiences with warmth and compassion.”

—**Brother David Steindl-Rast**

THE MOST IMPORTANT POINT
Zen Teachings of Edward Espe Brown

by Edward Espe Brown; Edited by Danny S. Parker

On Sale April 2, 2019 / Sounds True Paperback Original



From master baker, cook, teacher, trailblazer, and beloved Zen Buddhist priest Edward Espe Brown comes a brilliant collection of prolific teachings about Zen, food, and life. **THE MOST IMPORTANT POINT: *Zen Teachings of Edward Espe Brown* (On Sale 4/2; Sounds True Paperback Original)** is a compilation of nearly 60 essays—with recipes sprinkled throughout—based on Brown’s dharma talks, edited by ordained Zen Buddhist priest and longtime student of Brown’s, Danny S. Parker.

Drawing from his personal experiences in the kitchen and on the cushion, Brown explores deep, thought-provoking topics, including:

- Accepting yourself completely
- Finding out what you really want
- The secret to life
- Enjoyment, Excitement, Greed & Lust
- Confronting uncertainty
- Performing small acts of kindness
- The meaning of true calm
- Trusting your own experiences
- Making the “perfect” biscuit
- Physical Challenges
- Honoring leftovers
- Redefining the ideas of “right” & “wrong”

From one of the most beloved Zen masters of our time, **THE MOST IMPORTANT POINT** is a cornucopia of teachings filled with humor and down-to-earth wisdom to inspire your own unique journey.

About the Authors:

EDWARD ESPE BROWN is a Zen Buddhist priest and was the first head cook at Tassajara Zen Mountain Center. He is the author of several bestselling cookbooks, including *The Tassajara Bread Book*, and the editor of *Not Always So*, a book of lectures by Shunryu Suzuki Roshi. He is the subject of the critically acclaimed 2007 documentary film *How to Cook Your Life*. He resides in Fairfax, California. For more information, visit peacefulseasangha.com.



DANNY S. PARKER is a longtime student of Brown's and is an ordained Zen Buddhist priest.

More Advance Praise for **THE MOST IMPORTANT POINT**:

"These talks really capture the modesty and down-to-earth reality of Dogen and Suzuki Roshi's, and now Ed Brown's, Zen. I was deeply touched by them. One recipe after another for true practice, if you are ready to cook and be cooked. Enjoy!"

—**Jon Kabat-Zinn, founder of MBSR, author of *Falling Awake***

"This is a book that will nourish all aspects of one's life. Smart, sharp, deep, like a good meal, the wisdom that Ed Espe Brown offers us is a treasure for all time. And it makes Zen digestible, even delicious!"

—**Roshi Joan Halifax, abbot, Upaya Zen Center, author of *Standing at the Edge***

"Suzuki Roshi once said, 'The most important point is to find out what's the most important point.' After a lifetime of practice inspired by his teacher, Suzuki Roshi, Ed Brown has discovered that the most important point is love and acceptance. No one expresses this most important point better than Ed. His simple, soulful, honest talks will melt your heart."

—**Norman Fischer, poet and Zen priest, author of *Experience: Thinking, Writing, Language, and Religion***

"Like the best teaching in any spiritual tradition, **THE MOST IMPORTANT POINT** speaks to you just where you are. If you're new to Zen, this book is for you. If you've been practicing a long time, this book is also for you. It is filled with the wisdom of a lifetime."

—**Ruth Ozeki, author of *A Tale for the Time Being* and *The Face***

"Ed Brown prepares his wisdom like a meal: pungent, saturated with taste, leaving very little to discard. He makes it look easy. I couldn't put this book down. It made me feel like a beginner all over again . . . after 45 years."

—**Hosho Peter Coyote, author, Zen priest**

"Brilliant, humorous, and heartwarming."

—**Vanja Palmers, Zen teacher, founder of Felsentor Meditation Center**

THE MOST IMPORTANT POINT: *Zen Teachings of Edward Espe Brown*

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