



## A New Zen for Women

*Perle Besserman*

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**A New Zen for Women** Perle Besserman

Perle Besserman's adventures in a Japanese Zen monastery provide the groundwork for this lively, heartwarming narrative of a woman's life in Zen. Engaging in cross-cultural dialogues with nuns and laywomen in India, China, Japan, and more, Besserman dispels the notion that women had nothing to do with the founding and sustaining of Zen. She shows how women continue to transform traditional Zen in new and creative ways, integrating the practice of meditation into their lives. Both informative and entertaining, *A New Zen for Women* offers a new look at Western women encountering Zen.

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