

## Zen Confidential Confessions Of A Wayward Monk Shozan Jack Haubner

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His title is not a deception--he is writing "confessions". The contents include (in my rendition) the Zen of family relationships, the Zen of interpersonal conflict in a monastery, and the Zen of constipation. It was not clear until the end where the story was going, and in the end it is about the incomplete life and Zen practice of Jack Haubner.

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Zen Confidential has a virtue rare in spiritual books-it includes the whole of life. The only way out is through, and Jack Haubner takes it with gusto and style. Here we have sex, bathroom customs of the monastery, politics, suicide, drugs, meanness, marriage, standup comedy, Las Vegas, koans, and a 105-year-old Zen master.

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Shozan Jack Haubner is the pen name of a Zen monk who has written two books and a number of essays for The Sun, Tricycle, Buddhadharma, Lion's Roar and the New York Times, and the Best Buddhist Writing series. He won the Pushcart Prize in 2012. Haubner's books, portions of which have been excerpted in essays, present partially fictionalized accounts of life with Kyozan Joshu Sasaki [citation ...

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## Shozan Jack Haubner - Wikipedia

Zen Confidential is out to debunk "the popular stereotype of the monk as someone who undergoes a spiritual lobotomy" and finds contentment at the expense of an interesting and "juicy" life. Haubner's route to Buddhism demonstrates the validity of that idea.

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