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not a bad introduction to meditation - but I also wouldn't call it particularly good. Steve Hagen writes plainly and simply about matters from the more practical concerns of how to actually meditate to what to expect (or not) from meditation.

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Steve began studying Buddhism in 1967. In 1975 he became a student of Dainin Katagiri Roshi, and in 1979 he was ordained a Zen priest. Steve lives in Minneapolis, where he lectures, teaches meditation, and writes. He is currently head teacher at Dharma Field Meditation and Learning Center

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Stevie Hagen provides an accessible and thorough manual on meditation, for both newcomers and experienced practitioners. In the modern world our lives are more frenetic than ever. We live with a burning sense that we have to get something done.

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Philosophy, and Perception. Sentient Publications. ISBN 1591811805. Other books. Katagiri, Dainin (2000). Hagen, Steve (ed.). You Have to Say Something. Shambhala. ISBN 1-57062-462-3.

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