

# Blowing Zen: Finding An Authentic Life By Ray Brooks

**By Ray Brooks**

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Blowing Zen Synopsis. This is an uplifting story of the quest for an authentic life, and an insightful travel memoir exploring Japan, India, and the UK .

How do I describe "Blowing Zen"? Refreshing, evocative, profound and yet simple. It is about finding a truthful life amid the rush and alienation of modern life.

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an utter waster in his twenties who squandered the best part of his early life away in the pubs, wine bars, find himself playing solo concerts

a skill highly prized by Zen flute students who view it as part of the mystical Blowing Zen: Finding An Authentic Life, Tiburon: HJ Kramer, c. 2000, p

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