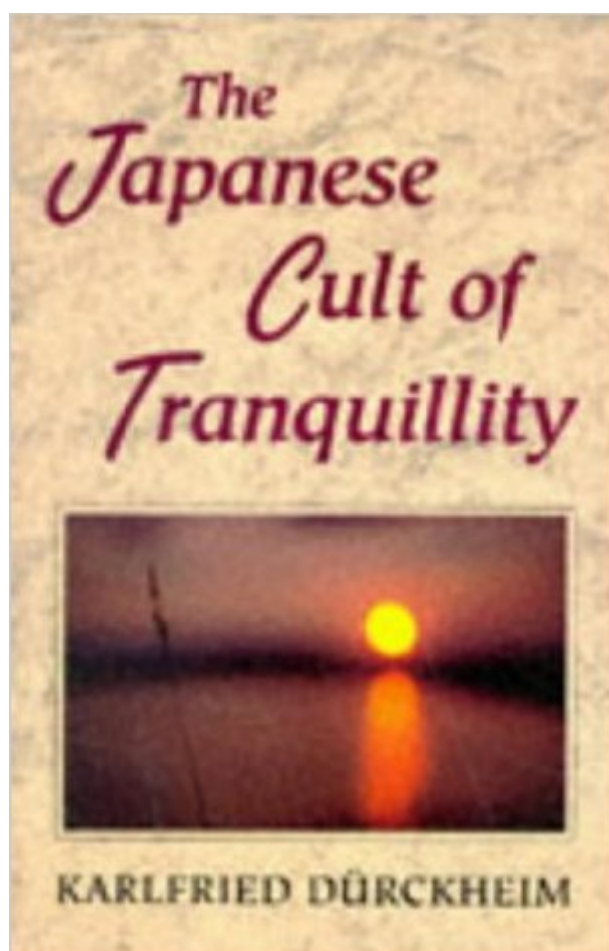


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# The Japanese Cult Of Tranquillity



## Synopsis

Book by Karlfried DÃfÃ rckheim

## Book Information

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## Customer Reviews

The first half of this book is worth the price of the whole thing. In fact, it is more than worth it. This is not about any cult, cults, or cultism. It is also not just a book for orientalists or sinophiles. A more accurate title might have been 'The Japanese CULTURE of Tranquillity.' Of course, we know Japan today to be a hotbed of business-orientated activity. But it is the classical spirit of Japanese propriety to which the author speaks, and from which westerners may derive alot of benefit, in order to put our hasty lifestyles into a healthier perspective. Durckheim augments our understanding of Japanese orientation to the everyday hustle-bustle, in a way westerners can find very useful. This book will not be leaving my collection too quickly. However, many will find Thomas Cleary's recent 'Taoist Meditation' volume of selections also very useful. Perhaps even moreso than Durckheim's essay. Cleary's volume includes some immensely useful perspectives, from classical Taoist texts, that should prove of great value to those seeking deeply into health and relaxation issues. Many will find the perspectives offered in Michael Saso's 'The Gold Pavilion' also very useful, in spite of its price. I won't be getting rid of my copy of that gem of a book either, for quite some time! It is too valuable for health issues, and contributes, like the two previous mentioned volumes, greatly to an understanding of attitudes, health, and the value of relaxation. This is entirely apart from its usefulness as an assist to meditation. The latter half of Durckheim's book appears to concern martial

