



Instructions to the Cook: A Zen Master's Lessons in Living a Life That Matters

By Bernard Glassman, Rick Fields

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Instructions To The Cook is a distillation of Zen wisdom that can be used equally well as a manual on business or spiritual practice, cooking or life. The hardcover edition was featured in every major Buddhist magazine. "Be nourished and inspired! Magnificent work!"--Jon Kabat-Zinn.

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Editorial Review

From Publishers Weekly

Based on a 13th-century Japanese manual of the same title, this guide to modern-day Zen practice also details the history of Glassman's work in the world. An abbot of Zen communities in New York City and Los Angeles, Glassman is also the founder of the Greyston Mandala, a network that includes a commercial bakery, apartments for the homeless and other not-for-profit community development projects in Yonkers, a suburb of New York City. In Zen Buddhist tradition, the preparation of a meal is used as a metaphor for leading a meaningful life. Glassman and Fields (coauthor of *Chop Wood, Carry Water*) detail the five main "courses" of life: spirituality, study, livelihood, social action, and relationship and community. Most widely recognized of the Greyston ventures is the successful bakery. Besides being a teacher of Zen and a noted social activist, Glassman is a pragmatic businessman. His description of how he and others who work with and for the jobless and homeless of Yonkers dealt with government agencies, banks, suspicious residents and the vagaries of the marketplace will satisfy the appetites of readers whose interest is as much in business practice as in Zen practice. In setting out his guidelines for conducting business, e.g., establishing self-directed management teams and sharing success with the community, Glassman occasionally strikes an imperious tone (reflecting the authority invested in Zen leaders), but the menu he offers is fresh, appealingly presented and thought-provoking. First serial to *Tricycle* magazine; author tour.

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Review

"Both a manual for spiritual transformation and a call to action." *New Age Journal*

"Taking the Path of Zen and Zen Mind, Beginner's Mind have introduced scores of Americans to Zen Buddhism in the last two decades. Now, these two mini-classics are joined by a new book that promises to be an even more meaningful introduction to Zen--as well as the growing 'socially engaged Buddhism' movement." --Donn Fry, *Seattle Times*

"A delicious confection made of down-to-earth Zen wisdom and a deeply heartful demonstration of compassion in action." --Ram Dass

"Instructions is stimulating and insightful precisely because it is so well grounded in the fundamental teachings of Dogen Zenji and others--exceptionally practical teachings, moreover, which chart a course for the development of that 'social-action Zen' (led most forcefully by Roshi Glassman) which promises to become the Way of Zen here in America." --Peter Matthiessen

"A recipe for an enlightened life, *Instructions to the Cook* speaks volumes about finding nourishment in a voracious world, where so many things--from consumerism to unemployment--can create hunger, and where contentment can seem tantalizingly remote, an aroma from someone else's window." --Deborah Jerome-Cohen, *New York Daily News*

"A more authentic teaching by a more authentic person than Bernard Glassman, we are not likely to see in our times. He not only teaches all this, he has done it all." --Thomas Berry

From the Publisher

"This book is written in deceptively simple language and yet gets its points across so well that it has become

a perennial favorite with Zen students. Even though some stores initially shelved the book under Cooking and the New York Daily News wrote a full-page article about the book on its food page, it's obvious that people are now using the book not just in the kitchen but in other rooms of the house or the office. This was one of the first books connecting Buddhism to social action and, as such, it set a remarkable example."

--Toinette Lippe, editorial director of Bell Tower

Users Review

From reader reviews:

Arlen Bullock:

What do you concentrate on book? It is just for students since they're still students or it for all people in the world, what the best subject for that? Just you can be answered for that question above. Every person has various personality and hobby for every single other. Don't to be compelled someone or something that they don't want do that. You must know how great along with important the book *Instructions to the Cook: A Zen Master's Lessons in Living a Life That Matters*. All type of book could you see on many solutions. You can look for the internet sources or other social media.

Susan Metcalf:

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Jay Klein:

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