

**Not Always So** by Shunryu Suzuki

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In *Not Always So*, Shunryu Suzuki voices Zen in everyday language with humor and good-heartedness. While offering sustenance – much like a mother or a father lending a hand – Suzuki encourages you to find your own way.

Rather than emphasizing specific directions and techniques, his teaching encourages you to touch and know your true heart and to express yourself fully. Wise and inspirational, *Not Always So* is a wonderful guide for anyone seeking spiritual fulfillment and inner peace.

