



Zen Computer

Phil Toshio sudo

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Anyone who has ever cursed a computer will benefit from *Zen Computer*, with its soothing approach to living calmly amid the constant upheavals of new technology. In a simple, easy-to-read style, Philip Toshio Sudo shows how the ancient principles of Zen philosophy apply to the modern science of bits and bytes, helping computer novices and the techno-savvy alike deal with everything from computer crashes to major life changes.

Divided into short, concise chapters, the book includes a user's guide to mindful computing, and features "The Seven Rules of Zen Computer." Quotes from thinkers such as Blaise Pascal, Albert Einstein, and Bill Gates illustrate the links between Western science and Eastern philosophy, making *Zen Computer* accessible to all readers, regardless of their familiarity with Zen.

Filled with Zen stories, samurai maxims, and beautiful artwork that combines Japanese brush painting with digital imagery, *Zen Computer* shows us how the interface between the traditional and technological can be found right here, right now.

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