



Warm Smiles from Cold Mountains: Dharma Talks on Zen Meditation

Reb Anderson

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A collection of dharma talks, *Warm Smiles from Cold Mountains* explores the life of passionate commitment that lies at the heart of the formal practice of Zen meditation. Reb Anderson draws on over thirty years of experience as a Zen priest, exploring Buddhist yoga and psychology, and the relationship of wisdom and compassion to the personal, social, and ecological crises of our time. At once inspirational and practical, he bows to an ancient tradition as he helps us to forge a modern-day Buddhism that urges us "to sit still in the middle of all living beings."

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