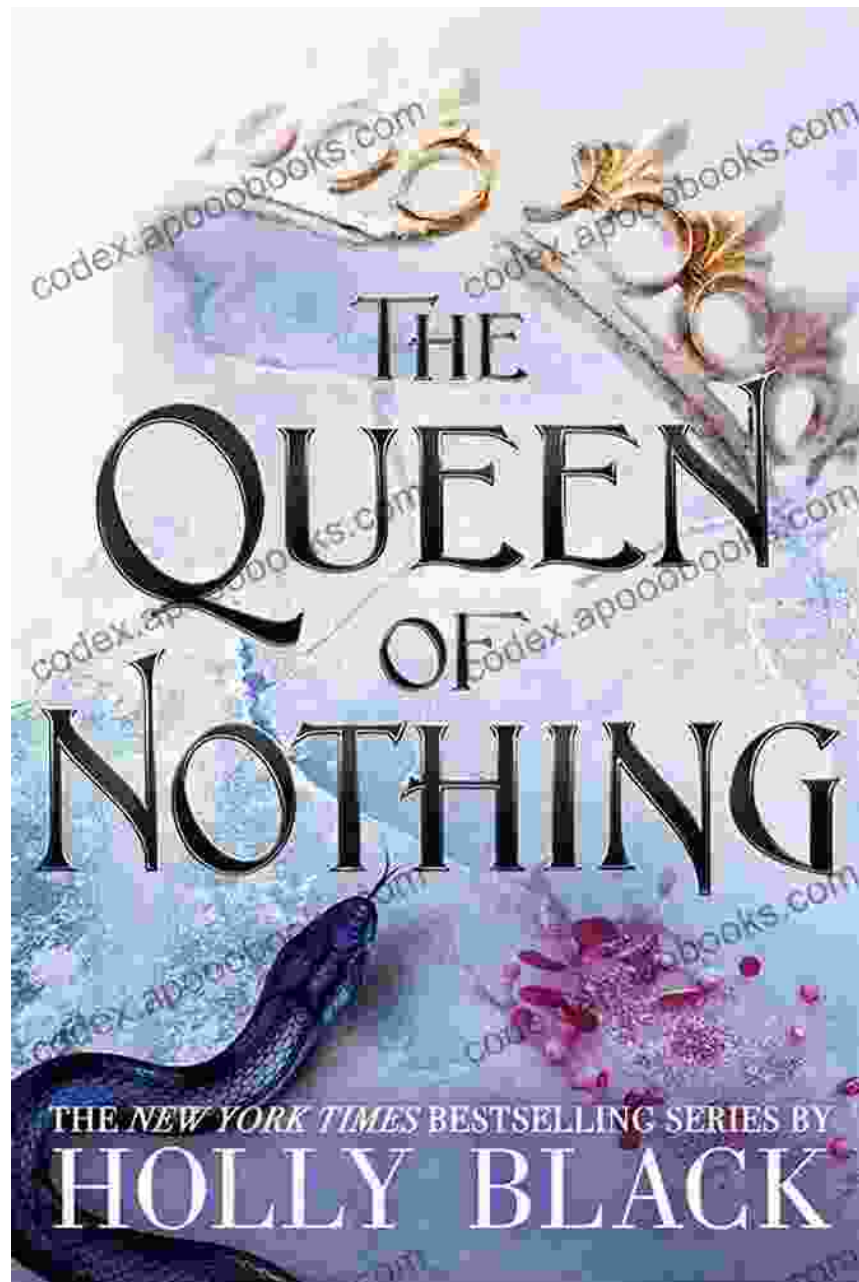


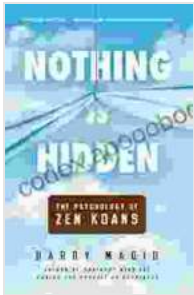
# Nothing Is Hidden: The Psychology of Zen Koans

By Robert Aitken



Nothing Is Hidden: The Psychology of Zen Koans is a book by Robert Aitken, a Zen master and teacher. The book explores the psychology of

Zen koans, which are short, paradoxical stories that are used to help students of Zen Buddhism achieve enlightenment.



## Nothing Is Hidden: The Psychology of Zen Koans

by Barry Magid

★★★★☆ 4.6 out of 5

Language : English

File size : 807 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 234 pages

Screen Reader : Supported



Koans are often difficult to understand, and they can be frustrating for students who are trying to find their way to enlightenment. However, Aitken argues that koans are actually a powerful tool for psychological growth.

In *Nothing Is Hidden*, Aitken explains how koans can help us to:

- See the world in a new way
- Let go of our attachments
- Find our true selves
- Achieve enlightenment

Aitken also provides a number of practical exercises that readers can use to work with koans. These exercises can help readers to deepen their understanding of koans and to experience their transformative power.

Nothing Is Hidden is an essential book for anyone who is interested in Zen Buddhism or in the psychology of enlightenment. Aitken's clear and concise writing style makes the book accessible to readers of all levels, and his insights into the psychology of koans are invaluable.

## Reviews

"Nothing Is Hidden is a brilliant book that offers a profound understanding of the psychology of Zen koans. Aitken's insights are invaluable, and his practical exercises are a powerful tool for anyone who is interested in achieving enlightenment." - **Jack Kornfield, author of A Path with Heart**

"Aitken has written a masterpiece. Nothing Is Hidden is a must-read for anyone who is interested in Zen Buddhism or in the psychology of enlightenment." - **Joseph Goldstein, author of One Dharma**

"Nothing Is Hidden is a clear and concise guide to the psychology of Zen koans. Aitken's insights are invaluable, and his practical exercises are a powerful tool for anyone who is interested in achieving enlightenment." - **Sharon Salzberg, author of Lovingkindness**

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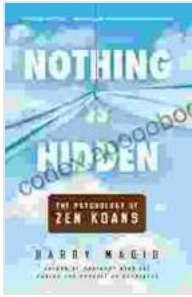
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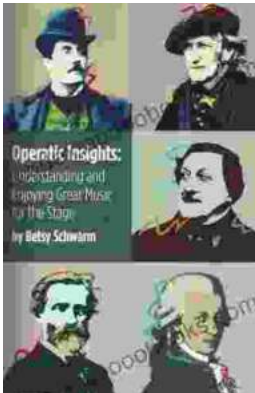
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