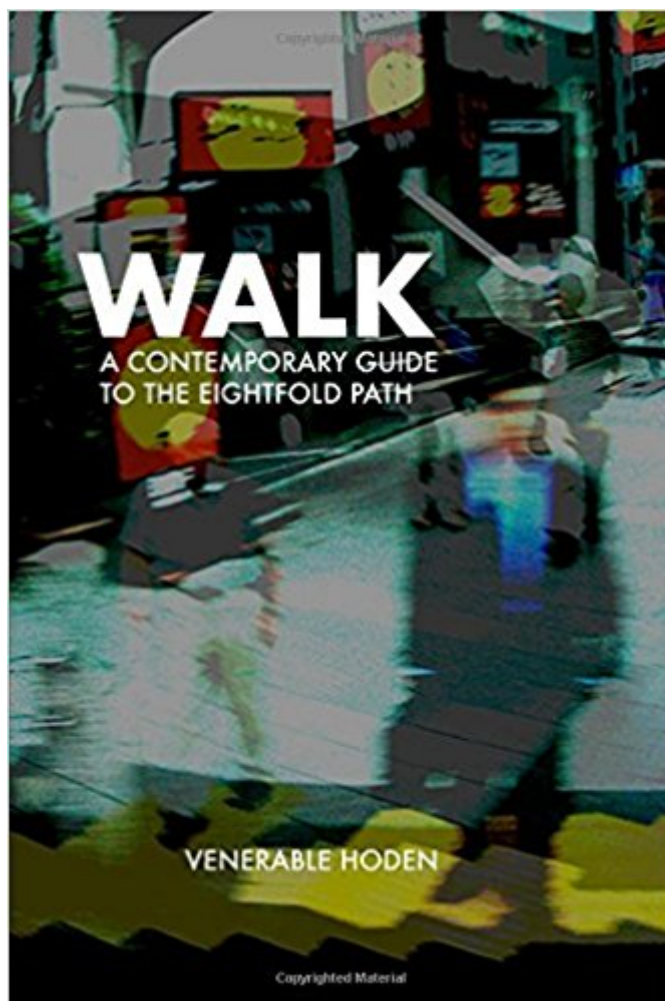


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# Walk: A Contemporary Guide To The Eightfold Path



## Synopsis

A contemporary view of the eightfold path, the guideline to a lifestyle as taught by The Buddha. This book breaks down each of the elements of this path along with aspects of the overlaying concepts of the middle path, the four noble truths and the pathways to perfect our thoughts and actions to find peace and liberation in a modern world.

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Venerable Hoden was ordained as a Samanera (monk) at Seonam-sa Monastery in 2010 and as a Bhikkhu in 2016 through the Taego Order in Seoul, South Korea. He currently acts as the Abbot for Dharma Gate Zen Center in Troy, Michigan, and as Vice-Bishop for the Taego Order American-European Parish, teaching a mix of Korean, Japanese and Western Zen.

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