

Being Black: Zen and the Art of Living with Fearlessness and Grace (Compass)

Angel Kyodo Williams



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Being Black: Zen and the Art of Living with Fearlessness and Grace (Compass) Angel Kyodo Williams **Being Black** has gained an enthusiastic following in African American and Zen communities. Angel Kyodo Williams shows black Americans how to develop a "warrior-spirit" of truth and responsibility that can lead to happiness and personal transformation. The principles and tools she offers provide a framework for addressing the African American community's unique worries, hopes, challenges, and expectations. Williams uses an eloquent, hip, and honest approach to share personal stories, time-tested teachings, and simple guidelines that invite readers of all faiths to discover how to step into the freedom of a life lived with fearlessness, grace, and fluidity.

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