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While the reader may not rush out and become a practicing Buddhist, the book provides many valuable lessons on the art of slowing down and enjoying life instead of rushing pell-mell through it oblivious to its beauty. Overall, Not Always So provides evidence that Shunryu Suzuki was a master at gentle guidance of souls seeking spiritual fulfillment.

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Not Always So: Practicing the True Spirit of Zen is a priceless sequel to Shunryu Roshi's Zen Mind, Beginner's Mind, which was published in 1970 and is arguably the best-selling Zen book in history, with more than a million copies in print in a dozen languages.

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In Zen, it is always tricky to compare things, but in many ways I found this book more advanced than Zen Mind, Beginner's Mind...perhaps aimed at students who have been practicing for some time. I loved Zen Mind, Beginner's Mind, so don't take my comment as a criticism of it; it is a genuinely life-changing book.

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