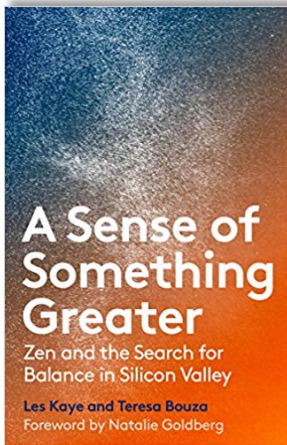


PARALLAX PRESS

For Immediate Release

Contact: Earlita Chenault
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A Zen Teacher's Insights on the Search for Fulfillment Including Personal Stories of Silicon Valley Professionals



A Sense of Something Greater goes deeper than the current mindfulness trend, into the heart of Zen practice. For Les Kaye, Zen is more than awareness—it's also “the continued determination to be authentic in relationships, to create meaningful, intimate, intentional bonds with people, things, and the environment.” Kaye's teachings are paired with interviews with current tech employees and Zen practitioners, conducted by journalist Teresa Bouza. *A Sense of Something Greater* is an essential book for business leaders, mindfulness meditators, and Zen practitioners alike.

“A surprising, brilliant, and wonderful book.”

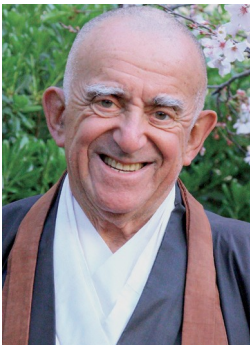
—ROSHI JOAN HALIFAX, Upaya Zen Center, author of *Standing at the Edge*

“Zen meditation may call forth images of Japanese rock gardens and old monasteries, but Les Kaye places it naturally in the midst of 21st-century urban American life. Using interviews with individual practitioners, *A Sense of Something Greater* vividly illustrates how this simple practice can offer remarkable clarity and ease to those who work in competitive, high-tech, high-stress settings.” —KAZUAKI TANAHASHI, *Painting Peace at a Time of Global Crisis*

“Through interviews, we meet the real people of the Valley, as they struggle to find their bearings in the fast lane of the high tech world; through the wise counsel of Les Kaye, we are welcomed into the ancient tradition of Soto Zen, where meditation is our most natural act and spiritual practice is its own reward.” —CARL BIELEFELDT, Stanford University

California Readings and Presentations • Nov. 5 Books, Inc. Palo Alto • Dec. 6 Apple Corp. Sunnyvale • Jan 14 East-West Books, Mountain View • Dec. TBD Google Corp., Mountain View • Feb 2 San Francisco Zen Center

About the Authors



LES KAYE worked for IBM in engineering, sales, and management for over 30 years. He started Zen practice in 1966 and is teacher at Kannon Do Zen Center in Silicon Valley. His first book, *Zen at Work*, is a classic in its own right.

TERESA BOUZA worked for the *Wall Street Journal* as well as Spain's global news agency EFE and the Spanish business daily *Cinco Días*. She received the John S. Knight Journalism Fellowship at Stanford.



A Sense of Something Greater

Zen and the Search for Balance in Silicon Valley

Les Kaye and Teresa Bouza

ISBN: 979-1-946764-21-8 * Price: \$19.95 * 5.5" x 8.5"

Trade Paper * 224 pp * On Sale: September 25, 2018



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Interview Questions for Les Kaye

1. How were you introduced to the practice of meditation?
2. Your first book, *Zen at Work*, and *A Sense of Something Greater* both engage in some way with the combination of Zen practice and the modern worker. What draws you to that topic?
3. Zen practice in the United States emerged in large part right here in California, with Shunryu Suzuki and the San Francisco Zen Center. What were those times like? Why do you think Zen found a foothold in California so quickly?
4. You talk about your book going deeper than the current mindfulness trend. Why is that important to you?
5. You talk about Zen practice as making us aware of our inherent spirituality. What is the importance of Zen practice? Why is it relevant to modern life?
6. Mindfulness and meditation have become extremely popular with large technology companies like Google, Salesforce, and Facebook. Why do you think these companies are so drawn to mindfulness and meditation? Is there something missing from these employee programs, if mindfulness and meditation are separated from Zen practice?
7. You're the abbot at Kannon Do, a Zen center in Mountain View. Many of the interviews in the book are with students at Kannon Do who also work in technology. What are the themes that you see, in terms of the impact Zen can have on your students and their lives?
8. Do you have any advice for beginning students?

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