



The Face: A Time Code (Paperback)

By Ruth Ozeki

Regan Arts, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Ruth Ozeki, a Zen Buddhist priest, sets herself the task of staring at her face in a mirror for three full, uninterrupted hours; her ruminations ripple out from personal and familial memories to wise and honest meditations on families and aging, race and the body. - Minneapolis Star Tribune What did your face look like before your parents were born? In *The Face: A Time Code*, bestselling author and Zen Buddhist priest Ruth Ozeki recounts, in moment-to-moment detail, a profound encounter with memory and the mirror. According to ancient Zen tradition, your face before your parents were born is your true face. Who are you? What is your true self? What is your identity before or beyond the dualistic distinctions, like father/mother and good/evil, that define us? With these questions in mind, Ozeki challenges herself to spend three hours gazing into her own reflection, recording her thoughts, and noticing every possible detail. Those solitary hours open up a lifetime's worth of meditations on race, aging, family, death, the body, self doubt, and, finally, acceptance. In this lyrical short memoir, Ozeki calls on her experience of growing...

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