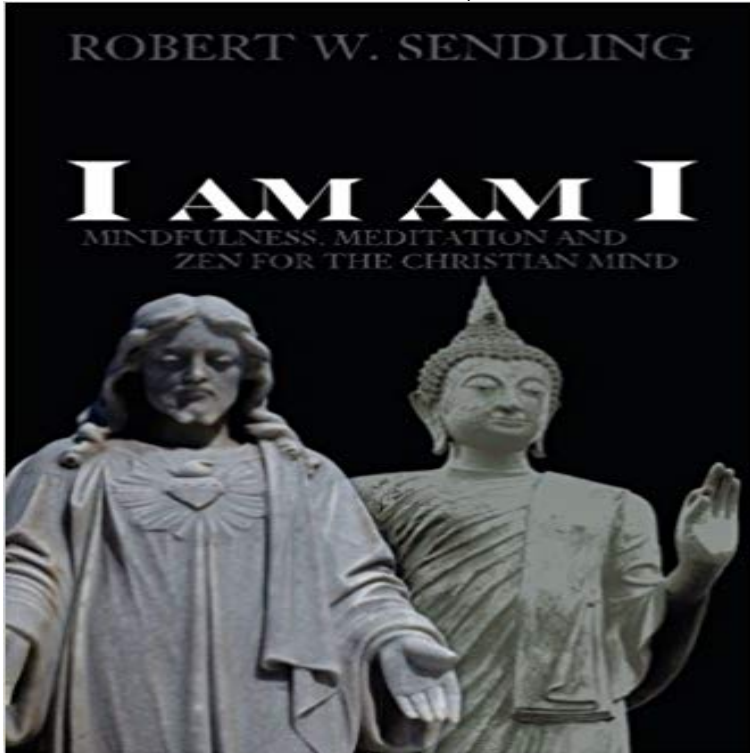


I am am I: Mindfulness, Meditation and Zen for the Christian mind



For much of his life, Robert W. Sendling lived a charmed existence. While most of the kids from the old neighborhood ended up dropping out of school or landing in jail, Sendling managed to graduate from prep school, earn a degree, and achieve tremendous success in his career. He was happily married to his soul mate, kept his body in fine athletic form, and enjoyed all the benefits of a productive, easy life. Everything came crashing down, however, when a freak accident broke his neck, injured his spine, and stripped him of his ability to function independently in the world. A shell of his former self, crippled with pain, and addicted to painkillers, Sendling contemplated suicide to end his misery once and for all. *I Am Am I* tells the story of Sendlings journey back from emotional darkness and physical dysfunction through the practice of Zen mindfulness and meditation. Bridging the gap between Eastern and Western thought, this book makes Zen accessible to people of other faiths, particularly Christians. Interesting, humorous, and compelling, this book offers deep wisdom and practical lessons on how to cope with lifes hardships through the use of Zens powerful concepts of mindfulness and meditation.

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