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Buddha. Sitting quietly can teach you many ways to accept life, meet pain, age gracefully, and die without regret. I wrote this book for one reason: to encourage you to sit quietly every day. Please enjoy being Buddha in Blue Jeans: a person of presence, openness, love, and benefit. Tai Sheridan Kentfield, California 2011

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Poet and Zen Priest Tai Sheridan's 'Buddha in Blue Jeans' is an extremely short, simple, and straight forward universal guide to the practice of sitting quietly and being yourself, which is the same as being Buddha. Sitting quietly can teach many ways to accept life, meet pain, age gracefully, and die without regret.

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