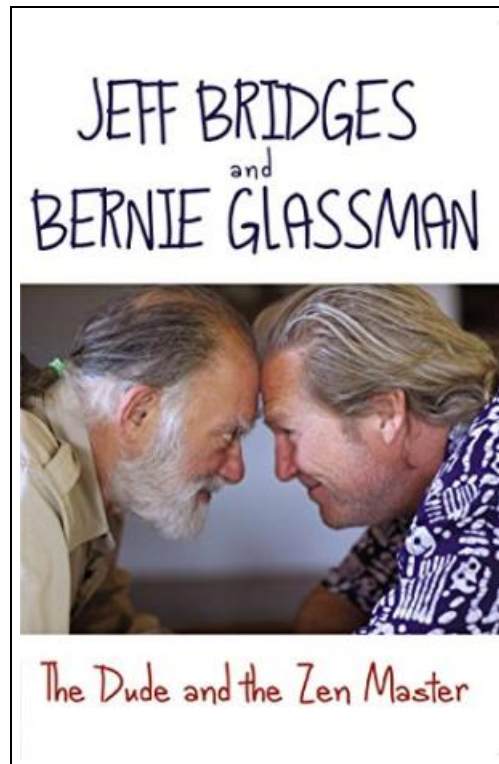


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Transworld Publishers Ltd, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Jeff Bridges is one of the world s most popular actors and his unforgettable performance as The Dude in Coen Brothers film, The Big Lebowski, made him a cult hero. His remarkable career as an actor, performer and songwriter has brought him an Oscar, a Golden Globe and a Critics Choice award. Away from the spotlight, Bridges is a dedicated practitioner of Zen Buddhism and for more than a decade has been close friends with Zen leader Bernie Glassman. It is Glassman who has helped guide Bridges lessons on the path to enlightenment and the two have spent many hours discussing life, love, the movies, creativity, happiness and death. With wit, charm and profound insight, Bridges and Glassman discover the Zen in iconic scenes and lines from The Big Lebowski. With honesty and humour, Bridges explores how his Zen practice and his life experience inform one another as he discusses his loving relationship with his parents, his marriage, his highly successful career and his warm connection with his fans.



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