



# The Way of Tenderness: Awakening through Race, Sexuality, and Gender

*Zenju Earthlyn Manuel*

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“What does liberation mean when I have incarnated in a particular body, with a particular shape, color, and sex?”

In *The Way of Tenderness*, Zen priest Zenju Earthlyn Manuel brings Buddhist philosophies of emptiness and appearance to bear on race, sexuality, and gender, using wisdom forged through personal experience and practice to rethink problems of identity and privilege.

Manuel brings her own experiences as a bisexual black woman into conversation with Buddhism to square our ultimately empty nature with superficial perspectives of everyday life. Her hard-won insights reveal that dry wisdom alone is not sufficient to heal the wounds of the marginalized; an effective practice must embrace the tenderness found where conventional reality and emptiness intersect. Only warmth and compassion can cure hatred and heal the damage it wreaks within us.

This is a book that will teach us all.

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