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time and the timing was perfect. The author's life story is powerful and she demonstrates in her writing the constant struggle of letting go of attachments, expectations and judgments.

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and alcoholism. She embraces Zen  
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She comes out as a lesbian in the  
tumultuous 1960's, sinks into alcoholism  
and drug abuse, sobers up in 1973,  
becomes a political activist, embraces Zen  
Buddhism and then a very bare-bones  
spirituality that has no fixed form or  
tradition, and spends a number of years  
living and working at a rural meditation  
retreat center. Bare-Bones Meditation  
reveals the inner process of the mind in a  
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Bare-Bones Meditation reveals the inner  
process of the mind in a way that hasn't  
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Joan wrote about her experience having been born in the 1940s and growing up with only one hand in her book, Bare-Bones Meditation, Waking Up from the Story of My Life. Many years later, Joan discovered that her missing hand was a kind of gift—in that she was given a kind of ticket to “the secret rooms of people’s hearts where something is always missing or misshapen.”

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Bare-Bones Meditation reveals the inner process of the mind in a new way, and Tollifson's account is beautifully written--intense and from the heart.

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About Bare-Bones Meditation Born with only one hand, Joan Tollifson grows up feeling different, finds identity as a bisexual lesbian and a disability rights activist, but also sinks into drug addiction and alcoholism. She embraces Zen Buddhism and then a very bare-bones spirituality that has no form.

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