

## Walk Like A Buddha Even If Your Boss Sucks Your Ex Is Torturing You And You Re Hungover Again

**The author plumbs the "Eightfold Path" of Buddhism for advice on how to live life with the proper attention to understanding, thinking, speech, action, livelihood, effort, mindfulness, and concentration.**

**A professor, mother, and Buddhist practitioner helps readers discover new ways of facing and experiencing life, death, and impermanence. "With my diagnosis of grade IV brain cancer, I no longer observe the truth of impermanence from a critical, analytical distance. I am crashing into it, or it into me." Facing a terminal cancer diagnosis, Karen Derris—professor, mother, and Buddhist practitioner—turned to books. By reading ancient Buddhist stories with new questions and a new purpose—finding a way to live with her dying body—she discovers new ways to make them immediate and real. For instance, reading with her terminal prognosis, she becomes one of the four omens (the four signs of impermanence and suffering) the young Siddhartha sees in his excursions from the palace. What would it mean for her to be in the crowd, straining to see the prince with her own sick and impermanent body—to be pushed aside and out of sight by the palace minders, just as our society so often tries to brush aside anything uncomfortable, but to nonetheless be seen by the young bodhisattva? Or reading as a mother, maybe she shares something akin to what Queen Maya may have felt, knowing she was dying, giving her newborn son over to her sister's care? What will it mean for her own children to be motherless? She follows the knotted threads connecting Milarepa's angry, vengeful mother to Karen's own mother, who physically abused her throughout a traumatic childhood. By placing herself into these stories, she turns them from distant and static narratives into companions, and from companions into guides. Storied Companions interweaves Karen's memoir of her life of trauma and illness with stories from Buddhist literary traditions, sharing with the reader how she found ways to live with the reality that she won't live as long as she wants and needs to. Honest, powerful, and insightful, Storied Companions itself becomes an invaluable companion, guiding the reader to discover new ways of facing and experiencing life, death, and impermanence.**

**Can enlightenment be found at the office? From the co-author of Buddha's Diet comes another book that shows how the wisdom of Buddha can apply to our modern lives -- this time exploring how Buddha's guidance can help us navigate the perils of work life. Without setting foot in an office, Buddha knew that helping people work right was essential to helping them find their path to awakening. Now more than ever, we need Buddha's guidance. Too many of us are working long hours, dealing with difficult bosses, high-maintenance coworkers, and non-stop stress. We need someone to help remind us that there is a better way. With Buddha's wisdom at the core of every chapter, Buddha's Office will help you learn how to stop taking shortcuts and pay more attention, care for yourself and others, deal with distractions, and incorporate Buddha's ageless instructions into our modern working life. It's time to wake up and start working in a more enlightened way. One that is right for you, right for our health, right for your sanity, and right for the world.**

**Wisdom for "Generation Next" on how to make your work meaningful, satisfying, and of benefit to others Does it ever seem that a lot of the people you work with are, well, jerks? This book is about how not to let work turn you into one of them. Apply the simple Buddhist teachings and practices Lodro Rinzler provides here to whatever you do for a living, and you'll not only avoid jerk-hood, but you'll be setting out on the path toward making your livelihood an expression of your inherent wisdom, honesty, and compassion. You'll discover practical ways to bring mindfulness into administrative support, cabinet-making, financial management, nursing, truck-driving, or latté-brewing. In the process, you'll discover genuine empathy for the folks you once found so difficult. You'll also learn leadership skills that apply compassion to management in a way that increases happiness along with efficiency. This is career advice of the profoundest kind, geared toward today's twenty- and thirty-something workers and job-seekers whose employment outlook is radically different from that of a generation ago. As Lodro shows, even if the path of work shifts beneath your feet, it's possible to make your livelihood a source of satisfaction and of deep meaning.**

**Wisdom Walk**

**At Home in the World**

**Think Like a Monk**

## **The Ancient Art of Waking Up While Working Well**

### **How New Discoveries About Mind, Body, and Energy Can Help Increase Your Longevity**

#### **Buddhism, Politics, and Violence**

#### **Easyread Super Large 24pt Edition**

*If you are reading this, than you're likely plagued with anxiety. The good news is that you don't have to be. You can live a life without so much anxiety and stress. You can train the mind to feel contentment, peace and joy-even in the midst of difficult circumstances. Best-selling author and long-time Buddhist meditation teacher Lodro Rinzler shows us how to work with the mind so that we don't hold ourselves in a state of stress and learn to relax into and appreciate our world once more. What you hold is a guidebook with practical and easy-to-implement steps for how to take back your mind.*

*The Buddha's teachings center around two basic principles. One is the Four Noble Truths, in which the Buddha diagnoses the problem of suffering and indicates the treatment necessary to remedy this problem. The other is the Noble Eightfold Path, the practical discipline he prescribes to uproot and eliminate the deep underlying causes of suffering. The present book offers, in simple and clear language, a concise yet thorough explanation of the Eightfold Path. Basing himself solidly upon the Buddha's own words, the author examines each factor of the path to determine exactly what it implies in the way of practical training. Finally, in the concluding chapter, he shows how all eight factors of the path function in unison to bring about the realization of the Buddhist goal: enlightenment and liberation.*

*Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth.*

*Hermann Hesse, the author, has narrated a lot about Siddhartha and his spiritual journey. A lot has been discussed about Siddhartha. He is loved by everyone. He is a source of joy for everybody, but he, Siddhartha, is not a source of joy for himself, he finds no delight in himself. Siddhartha has started to nurse discontent in himself, he has started to feel that the love of his father and his mother, and love of his friend, will not bring him joy forever and ever, will not nurse him, freed him, satisfy him. Siddhartha has many queries in his mind like as, "Do the sacrifices give a happy fortune?", "What about the Gods?", "Was it really Prajapati who had created the world?" "Was it not the "Atman", the singular one?" Siddhartha meets his father and says, "With your permission, my father, I have come to tell you that it is my longing to leave your house tomorrow and go to ascetics. My desire is to become a Samara." His father says-"You will go into the go forest and be a Samara , when you will find blissfulness in the forest, come back and teach me to be blissful." This is just an excerpt, the whole book consists of spiritualistic way of narration, thus becomes interesting one. Once you start reading*

**can't resist to leave the book in the mid.**

***How to Love Yourself (and Sometimes Other People)***

***How to Sit***

***Love Hurts***

***Eight Steps to Enlightenment : Tibetan Wisdom for the Western World***

***Teachings of the Buddha***

***Awakening the Buddha Within***

***A Meditation on Good and Evil***

Buddhism has a lot to say about suffering—and there are likely few times we suffer more intensely than when we break up with a romantic partner. It feels like you may never recover sometimes. But Lodro Rinzler has wonderfully good news for those suffering heartbreak: the 2,500-year-old teachings of the Buddha are the ultimate antidote for emotional pain. And you don't need to be a Buddhist for them to apply to you. In this short and compact first-aid kit for a broken heart, he walks you through the cause and cure of suffering, with much practical advice for self-care as you work to survive a breakup. The wisdom he presents applies to any kind of emotional suffering.

There is still a place in the jungles of Thailand, where you can leave it all behind... A cult classic and bestseller in the 1990s, *What the Buddha Never Taught* is a humorous “behind the robes” account of life inside one of the strictest jungle monasteries in Southeast Asia. In Pahnachat, the monks keep the 227 rules laid down by the Buddha, including refraining from all killing. But how does a foreign monk cope with cobra in the outhouse, or the temptation of a Mars Bar in his begging bowl? Find out, in this newly reincarnated 20th anniversary edition, with a new introduction by the author and a new foreword by Wade Davis.

'Thich Nhat Hanh is a holy man, for he is humble and devout. He is a scholar of immense intellectual capacity. His ideas for peace if applied, would build a monument of ecumenism, to world brotherhood, to humanity.' Martin Luther King, Jr. Buddha and Jesus Christ, perhaps the two most pivotal figures in the history of humankind, each left behind a legacy of teachings and practices that have shaped the lives of billions of people over the course of two millennia. If they were to meet on the road today, what would each think of the other's spiritual views and practices? Thich Nhat Hanh has been part of a decades-long dialogue between the two greatest living contemplative traditions, and brings to Christianity an appreciation of its beauty that could be conveyed only by an outsider. In a lucid, meditative prose, he explores the crossroads of compassion and holiness at which Buddhism and Christianity meet, and reawakens our understanding of both.

Jay Shetty, social media superstar and host of the #1 podcast *On Purpose*, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no

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recognizable skills on his resume, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

What Book!?

Tibetan Book of the Dead

Buddhism After Patriarchy

Even if Your Boss Sucks, Your Ex Is Torturing You, and You're Hungover Again

Sophie's World

Eight Mindful Steps to Happiness

A "Behind the Robes" Account of Life in a Thai Forest Monastery

Believe what you've heard about meditation: it'll focus your mind, open your heart, and sometimes surprise you with insight. Meditation is not complicated to learn. In fact, everything you need to get started is contained in the pages of this little book. Lodro Rinpoche is challenging you to ask yourself why you want to meditate in the first place (good news—there's no wrong answer!). With you thus in place, he teaches you all the basics, along with advice for making your meditation practice a priority no matter how busy you are. He then shows you how to bring the wisdom and compassion you discover in meditation into all other areas of your life. One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

This book surveys both the part women have played in Buddhism historically and what Buddhism might become in its post-patriarchal future. The author completes the Buddhist historical record by discussing women, usually absent from histories of Buddhism, and provides the first feminist analysis of the major concepts found in Buddhist religion. Gross demonstrates that the core teachings of Buddhism promote gender equity rather than male dominance, despite the often sexist practices found in Buddhist institutions throughout history.

From the author of the best-selling Buddha Walks into a Bar . . . , tips for living with integrity, compassion, and happiness—from

popular Huffington Post advice column. Since the summer of 2010, young Buddhist teacher Lodro Rinzler has been writing a advice column for the Huffington Post and the Interdependence Project called "What Would Sid Do?" ("Sid" being Lodro's nickname for Siddhartha Gautama—the prince who became the Buddha). Lodro's insightful and often funny answers to questions—ranging from how to forgive, to how to deal with a boss who's a bully, to whether or not it's OK to join Match.com—have made him the Dharma teacher of the spiritual-but-not-religious crowd. This book gathers all of Lodro's Huffington Post columns, along with much as-yet-unpublished material, to provide a guide to life in a Q&A format that allows you to easily access wisdom for dealing with the myriad challenges of life—traditional challenges as well as uniquely modern ones related to things like social justice and social media.

Fahrenheit 451

Buddha Taught Nonviolence, Not Pacifism

Walking Meditation

A Guide to Life for a New Generation

The Art of Transforming Suffering

What the Buddha Never Taught

Stories and Essential Teachings from a Monk's Life

**In the aftermath of the terrorist attacks of September 11, this thought-provoking essay explores the Buddha's teaching to find one prescription: not war, not pacifism but nonviolence.**

**The secret to happiness is to acknowledge and transform suffering, not to run away from it. In No Mud, No Lotus, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. No Mud, No Lotus introduces ways to be in touch with suffering without being overwhelmed by it. "When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness.**

**"Writing a 'nuts and bolts' guide that is genuinely wise, charmingly conversational, and a pleasure to read requires a particular talent, and Jean Smith has proved once again that she has it."—Sylvia Boorstein, author of Don't Just Do Something, Sit There The third of Jean Smith's Beginner's Guides**

**focuses on the Buddha's Eightfold Path—the concepts central to practicing the Buddha's teachings in daily life. The eight steps on the path are: right understanding, thought, speech, action, livelihood, effort, mindfulness, and concentration. Smith explains exactly what the Buddha had in mind, using translations of his own words and then elucidating them for us. Throughout the book are wonderful quotes from a broad range of Buddhist teachers, giving a taste of the very best each of them has to offer. The Beginner's Guide to Walking the Buddha's Eightfold Path is a prescription for happiness, not just for overcoming suffering, which is how many people think of Buddhism. Here is a book for Buddhists of every tradition.**

**The first book in the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, How to Sit offers clear, simple directions and inspiration for anyone wanting to explore mindfulness meditation. In short, single-paragraph chapters, Nhat Hanh shares detailed instructions, guided breathing exercises and visualizations, as well as his own personal stories and insights. This pocket-sized book is perfect for those brand new to sitting meditation as well as for those looking to deepen their spiritual practice. With sumi ink drawings by Jason DeAntonis.**

**A Novel**

**Sit Like a Buddha**

**Buddhist Advice for the Heartbroken**

**A Feminist History, Analysis, and Reconstruction of Buddhism**

**Stillness Is the Key**

**If You Meet the Buddha on the Road**

**What the Buddha Taught**

This isn't your grandmother's book on meditation. It's about integrating that "spiritual practice" thing into a life that includes beer, sex, and a boss who doesn't understand you. It's about making a difference in yourself and making a difference in your world—whether you've got everything figured out yet or not. Lodro Rinzler is a bright and funny young teacher with a knack for showing how the Buddhist teachings can have a positive impact on every little nook and cranny of your life—whether you're interested in being a Buddhist or not.

Converging and diverging views on the mind, the self, consciousness, the unconscious, free will, perception, meditation, and other topics. Buddhism shares with science the task of examining the mind empirically; it has pursued, for two millennia, direct investigation of the mind through penetrating introspection. Neuroscience, on the other hand, relies on third-person knowledge in the form of scientific observation. In this book, Matthieu Ricard, a Buddhist monk trained as a molecular biologist,

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and Wolf Singer, a distinguished neuroscientist—close friends, continuing an ongoing dialogue—offer their perspectives on the mind, the self, consciousness, the unconscious, free will, epistemology, meditation, and neuroplasticity. Ricard and Singer's wide-ranging conversation stages an enlightening and engaging encounter between Buddhism's wealth of experiential findings and neuroscience's abundance of experimental results. They discuss, among many other things, the difference between rumination and meditation (rumination is the scourge of meditation, but psychotherapy depends on it); the distinction between pure awareness and its contents; the Buddhist idea (or lack of one) of the unconscious and neuroscience's precise criteria for conscious and unconscious processes; and the commonalities between cognitive behavioral therapy and meditation. Their views diverge (Ricard asserts that the third-person approach will never encounter consciousness as a primary experience) and converge (Singer points out that the neuroscientific understanding of perception as reconstruction is very like the Buddhist all-discriminating wisdom) but both keep their vision trained on understanding fundamental aspects of human life.

With poems from spiritual teachers to jazz musicians, from the monastery to the street, *What Book!?* brings together a broad range of verse, expressions of living in an awakened way. "A poet once located poetry as somewhere before or after words take place. Mindfulness is the practice of finding that realm, dwelling there, and cultivating the ability to live completely in the present, deeply aware and appreciative of life." — from the author's Preface. "This enigmatically titled anthology offers numerous delights and valuable evidence that great poetic variety, from haiku and witty two liners to page-long discourses, has by now given distinct expression to Western Buddhism." — *Publisher's Weekly*.

*Buddha and Einstein Walk Into a Bar* presents the revolutionary idea that sensing how long we can live is a latent capacity in us, currently unknown, just like the introduction of fire, the invention of flying, and the discovery of radio waves were before we "discovered" them. Understand how the knowledge of transcendence, consciousness, and self-healing are integral to your well-being. You could drive a car without a fuel gauge, but knowing how much gas you have clearly gives you more control of your vehicle. Using the latest breakthroughs in cosmology, neuroplasticity, superstring theory, and epigenetics, *Buddha and Einstein Walk Into a Bar* helps you to master your entire system of mind, body, and energy and provides practical tools to help you live your longest and healthiest life. You will learn *Lifespan Seminar's* multiple-award-winning tools of: Exercises that align the different systems of the body. Mindfulness and meditation—to relieve daily stress. Good nutrition—simple rules sustainable for a lifetime. Proper rest—for your mental and physical peak performance. Active lifestyle—to stay vibrant through your entire life.

*Buddha and Einstein Walk Into a Bar*

Walking the Buddha's Path

An Introduction to the Practice of Meditation

A Novel About the History of Philosophy

Train Your Mind for Peace and Purpose Every Day

Living Buddha, Living Christ

Conversations between Buddhism and Neuroscience

***This indispensable volume is a lucid and faithful account of the Buddha's teachings. "For years," says the Journal of the Buddhist Society, "the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula's What the Buddha Taught fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to 'the educated and intelligent reader.' Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly." This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index.***

***A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.***

***It is said that the famous ninth century Chinese Buddhist monk Linji Yixuan told his disciples, "If you meet the Buddha on the road, kill him." The deliberately confounding statement is meant to shock people out of complacent ways of thinking. But beyond the purposeful jolt from complacency there is another intention. This axiom suggests that, for liberation, one should seek the Buddha nature that resides within, rather than a mere Buddha exterior. The metaphor of killing the Buddha dislodges a person from the illusion that enlightenment lies outside the body. The proclamation also highlights the power of violence, even on a symbolic level. Violence abounds in Buddhist thoughts, doctrine, and actions, however unacknowledged or misunderstood. If You Meet the Buddha on the Road addresses an important absence in the study of religion and violence: the religious treatment of violence. In order to pursue an understanding of the relationship between Buddhism and violence, it is important to first consider how Buddhist scriptures and followers understand violence. Drawing on Buddhist treatments of violence, Michael Jerryson explores the ways in which Buddhists invoke, support, or justify war, conflict, state violence, and gender discrimination. In addition, the book examines the ways in which Buddhists address violence as military chaplains, cope with violence in a conflict zone, and serve as witnesses of blasphemy to Buddhist doctrine and Buddha images.***

***NATIONAL BESTSELLER • National Book Award Finalist • Winner of the PEN/Faulkner Award The acclaimed author of When the Emperor Was Divine tells the story of a group of young women brought from Japan to San Francisco as "picture brides" a century ago in this "understated masterpiece ... that unfolds with great emotional power" (San Francisco Chronicle). In eight unforgettable sections, The Buddha in the Attic traces the extraordinary lives of these women, from their arduous journeys by boat, to their arrival in San Francisco***

**and their tremulous first nights as new wives; from their experiences raising children who would later reject their culture and language, to the deracinating arrival of war. Julie Otsuka has written a spellbinding novel about identity and loyalty, and what it means to be an American in uncertain times. Don't miss Julie Otsuka's new novel, *The Swimmers*, coming in February 2022!**

***Beyond the Self***

***A Guide to Livelihood for a New Generation***

***Buddhism for Beginners***

***Walk Like a Buddha***

***Nine Practices for Creating Peace and Balance from the World's Spiritual Traditions***

***The Buddha Walks into the Office***

***No Mud, No Lotus***

**"A provocative essay challenging the idea of Buddhist exceptionalism, from one of the world's most widely respected philosophers and writers on Buddhism and science. Buddhism has become a uniquely favored religion in our modern age. A burgeoning number of books extol the scientifically proven benefits of meditation and mindfulness for everything ranging from business to romance. There are conferences, courses, and celebrities promoting the notion that Buddhism is spirituality for the rational; compatible with cutting-edge science; indeed, "a science of the mind." In this provocative book, Evan Thompson argues that this representation of Buddhism is false. In lucid and entertaining prose, Thompson dives deep into both Western and Buddhist philosophy to explain how the goals of science and religion are fundamentally different. Efforts to seek their unification are wrongheaded and promote mistaken ideas of both. He suggests cosmopolitanism instead, a worldview with deep roots in both Eastern and Western traditions. Smart, sympathetic, and intellectually ambitious, this book is a must-read for anyone interested in Buddhism's place in our world today."--Provided by publisher.**

**Instant #1 New York Times Bestseller & Wall Street Journal Bestseller In *The Obstacle Is the Way* and *Ego Is the Enemy*, bestselling author Ryan Holiday made ancient wisdom wildly popular with a new generation of leaders in sports, politics, and technology. In his new book, *Stillness Is the Key*, Holiday draws on timeless Stoic and Buddhist philosophy to show why slowing down is the secret weapon for those charging ahead. All great leaders, thinkers, artists, athletes, and visionaries share one indelible quality. It enables them to conquer their tempers. To avoid distraction and discover great insights. To achieve happiness and do the right thing. Ryan Holiday calls it stillness--to be steady while the world spins around you. In this book, he outlines a path for achieving this ancient, but urgently necessary way of living. Drawing on a wide range of history's greatest thinkers, from Confucius to Seneca, Marcus Aurelius to Thich Nhat Hanh, John Stuart Mill to Nietzsche, he argues that stillness is not mere inactivity, but the doorway to self-mastery, discipline, and focus. Holiday also examines figures who exemplified the power of stillness: baseball player Sadaharu Oh, whose study of Zen made him the greatest home run hitter of all time; Winston Churchill, who in balancing his busy public life with time spent laying bricks and painting at his Chartwell estate managed to save the world from annihilation in the process; Fred Rogers, who taught generations of children to see what was invisible to the eye; Anne Frank, whose journaling and love of nature guided her through unimaginable adversity. More than ever, people are overwhelmed. They face obstacles and**

*egos and competition. Stillness Is the Key offers a simple but inspiring antidote to the stress of 24/7 news and social media. The stillness that we all seek is the path to meaning, contentment, and excellence in a world that needs more of it than ever. Drawing on three decades of learning from the spiritual masters of Asia, an American lama illuminates the sacred wisdom and practices of Buddhism and shows readers how to integrate them into their lives, relationships, and careers. Reprint. \$50,000 ad/promo. Tour.*

*Stephen Batchelor's seminal work on humanity's struggle between good and evil In the national bestseller Living with the Devil, Batchelor traces the trajectory from the words of the Buddha and Christ, through the writings of Shantideva, Milton, and Pascal, to the poetry of Baudelaire, the fiction of Kafka, and the findings of modern physics and evolutionary biology to examine who we really are, and to rest in the uncertainty that we may never know. Like his previous bestseller, Buddhism without Beliefs, Living with the Devil is also an introduction to Buddhism that encourages readers to nourish their "buddha nature" and make peace with the devils that haunt human life. He tells a poetic and provocative tale about living with life's contradictions that will challenge you to live your life as an existence imbued with purpose, freedom, and compassion—rather than habitual self-interest and fear.*

*The Miracle of Mindfulness*

*Storied Companions*

*Take Back Your Mind*

*The Noble Eightfold Path*

*The Way to the End of Suffering*

*Living with the Devil*

*Siddhartha*

**This treasury of essential Buddhist writings draws from the most popular Indian, Tibetan, Chinese, and Japanese sources. Among the selections are some of the earliest recorded sayings of the Buddha on the practice of freedom, passages from later Indian scriptures on the perfection of wisdom, verses from Tibetan masters on the enlightened mind, and songs in praise of meditation by Zen teachers. The book also includes traditional instruction on how to practice sitting meditation, cultivate calm awareness, and live with compassion. Jack Kornfield, one of the most respected American Buddhist teachers, has compiled these teachings to impart the essence and inspiration of Buddhism to readers of all spiritual traditions.**

**One of the best available introductions to the wisdom and beauty of meditation practice. --New Age Journal In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness--being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.**

**After experiencing a crisis of faith, Sage Bennet looked to the practices of the world's religions for help. In Wisdom Walk, she beautifully outlines nine of these teachings, making them accessible without diminishing them, while exploring the essential beliefs of each tradition. From Hinduism: Create a home altar. From Buddhism: Meditate and find peace. From Islam: Surrender to prayer. From Christianity: Forgive yourself and others. From Judaism: Make time for the Sabbath. From Native American spirituality: Let nature be your teacher. From Taoism: Go with the flow. From New Thought: Catch God's vision of your life. From all traditions: Offer yourself in service to others. Wisdom Walk provides a simple, easy-to-follow guide for bringing the world's spiritual traditions into your own life through practical, powerful rituals.**

**This easy-to-understand overview of the basics of Buddhism is an invaluable resource for the new or seasoned practitioner This user's guide to Buddhist basics takes the most commonly asked questions—beginning with “What is the essence of the Buddha's teachings?”—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying Life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: · What is the goal of the Buddhist path? · What is karma? · If all phenomena are empty, does that mean nothing exists? · How can we deal with fear? · How do I establish a regular meditation practice? · What are the qualities I should look for in a teacher? · What is Buddha-nature? · Why can't we remember our past lives?**

**The Buddha Walks into a Bar . . .**

**The Buddha in the Attic**

**Buddhist Advice for Anxious Times: Buddhist Advice for Anxious Times**

**The Beginner's Guide to Walking the Buddha's Eightfold Path**

**Buddha's Office**

**Why I Am Not a Buddhist**

**Buddha Poems from Beat to Hiphop**

*"Followers and newcomers to Nhat Hanh's teaching alike will find this collection inspiring for everyday practice and for social engagement in the world."—Publishers Weekly This collection of autobiographical and teaching stories from peace activist and Zen Master Thich Nhat Hanh is thought provoking, inspiring, and enjoyable to read. Collected here for the first time, these stories span*

*the author's life. There are stories from Thich Nhat Hanh's childhood and the traditions of rural Vietnam. There are stories from his years as a teenaged novice, as a young teacher and writer in war torn Vietnam, and of his travels around the world to teach mindfulness, make pilgrimages to sacred sites, and influence world leaders. The tradition of teaching the Dharma through stories goes back at least to the time of the Buddha. Like the Buddha, Thich Nhat Hanh uses story-telling to engage people's interest so he can share important teachings, insights, and life lessons.*

*How can I be the person I want to be when I'm stuck in a job I hate? How is it possible to stay present in an era of nearly constant distractions? Can I pick someone up at a bar or club and still call myself spiritual? This nitty-gritty guide to life for the spiritual-but-not-necessarily-religious uses Buddhist teachings to answer those burning questions and a host of others related to going out, relationships, work, and social action. Based on Lodro Rinzler's popular advice columns, Walk Like a Buddha offers wisdom that can be applied to just the sort of dilemmas that tend to arise for anyone making even a modest attempt to walk like a Buddha—that is, to live with honesty, wisdom, and compassion in the face of whatever life surprises you with.*

*Are you trying to find love – and beginning to suspect you're not looking in the right place? This wise, hip guide gives you a new map for the journey to happiness in relationships of all kinds, starting in your own heart. Told from the alternating vantage points of authors Meggan Watterson and Lodro Rinzler, How to Love Yourself (and Sometimes Other People) reminds us that love isn't something we have to earn. All of us are deeply and intrinsically worthy of love – not only the love we hope to receive from others, but the love we give to ourselves – and this book offers the insight and practical tools we need to stay firmly grounded in self-love as we ride out the natural (and often stormy) cycles of relationships. Meggan and Lodro's unique perspectives as teachers and scholars of Christian mysticism and Buddhism respectively make for a rich and lively dialogue that draws on wisdom sources like the Gospel of Mary Magdalene and the Four Noble Truths, along with funny, revealing stories from their own love lives and their deep friendship with each other. You'll find guidance for embracing single life, dating with an open heart, and thriving in lasting love; meditations and practices for calm abiding, "disciplined hope," and connecting to the source of love within you; and tips on everything from sex, self-worth, and nourishing friendships to navigating breakups and learning to truly love yourself. Ultimately, you'll be able to see your ideal partner in a new light – not as someone who "completes" you, but as someone who mirrors back to you your own wholeness.*

*A Pocket Guide to Meditation*