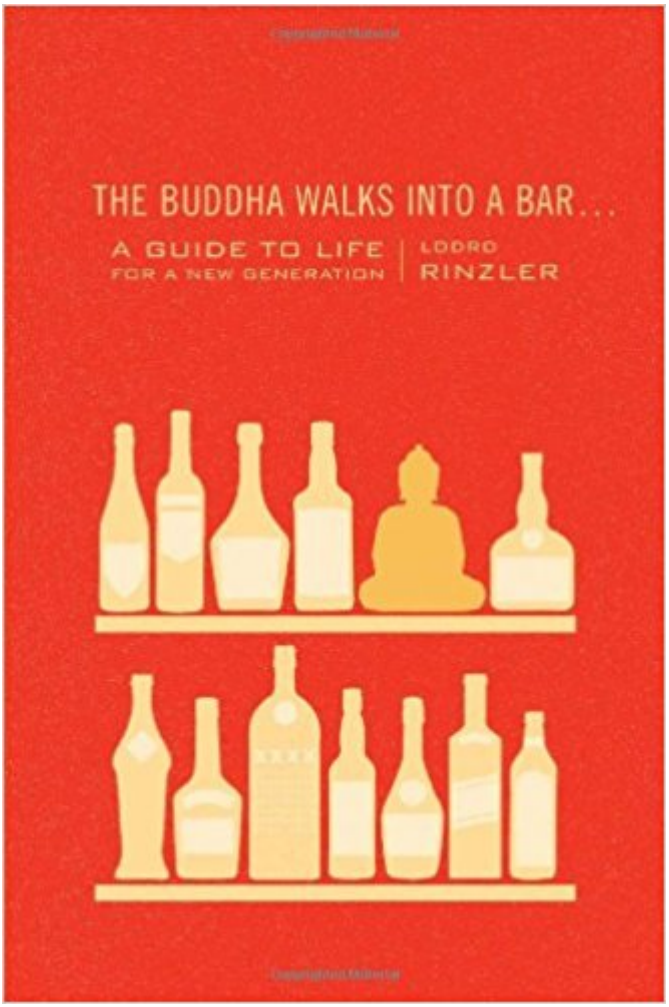
Ebook Directory
the best source of ebook

The book was found

The Buddha Walks Into A Bar...: A Guide To Life For A New Generation



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

The Buddha Walks into a Bar is a book for those who are spiritual but not religious, who are disillusioned by the state of the world, who are sick of their jobs (and just started last Tuesday), who like drinking beer and having sex and hate being preached at, who are striving to deepen their social interactions beyond the digital realms of Twitter and Facebook. This is Buddhism presented to a generation leaving the safe growth spurts of college and entering a turbulent and uncertain work force. Ã Â The Buddha Walks into a Bar is Buddhist teacher Lodro Rinzler's introduction to Buddhism for anyone who wants to ride the waves of life with mindfulness and compassion. You'll learn how to use meditation techniques to work with your own mind, how to manage the pervasive "Incredible Hulk Syndrome," how to relax into your life despite external pressures, and ultimately how you can start to bring light to a dark world.

Book Information

Paperback: 208 pages
Publisher: Shambhala; 1 edition (January 10, 2012)
Language: English
ISBN-10: 1590309375
ISBN-13: 978-1590309377
Product Dimensions: 5.5 x 0.6 x 8.5 inches
Shipping Weight: 10.6 ounces (View shipping rates and policies)
Average Customer Review: 4.5 out of 5 stars 141 customer reviews
Best Sellers Rank: #43,619 in Books (See Top 100 in Books) #40 inÃ Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #67 inÃ Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #8427 inÃ Â Books > Religion & Spirituality

Customer Reviews

"Buddha Walks Into A Bar is a lively and engaging invitation to a new generation of seekers, offering them a needed opportunity to be themselves, to be real, and to be thoughtful about life, without taking the spiritual journey so damn seriously." - Ethan Nichtern, author of Your Emoticons Won't Save You and One City"The Buddha Walks into a Bar is a wise, practical and down-to-earth presentation of the liberating teaching of Tibetan Buddhism. I highly recommend this book to everyone who is interested in transforming their lives and this world we live in. Read it, then start a revolution!" - Noah Levine, author of Dharma Punx, and Against the StreamÃ¢â ¬Å“A young, New

York-based Buddhist teacher, Rinzler is able to take a relaxed, colloquial approach to meditation and its many benefits because heÃ¢â ¬â„¢s so well-versed in Shambhala and Tibetan Buddhism. With examples ranging from superheroes to YouTube videos, Rinzler brings timeless teachings to the buzz of now in an engaging, richly instructive, genuinely illuminating spiritual guide.Ã¢â ¬Â•Ã¢â ¬â •Booklist Ã¢â ¬Å“DonÃ¢â ¬â„¢t let RinzlerÃ¢â ¬â„¢s youthful exuberance fool you. The kid knows his stuff.Ã¢â ¬Â•Ã¢â ¬â •Tricycle Ã¢â ¬Å“This volume is far beyond a compilation of RinzlerÃ¢â ¬â„¢s columns or prior work; it is a genuine introduction to living a Buddhist life without immersion in BuddhismÃ¢â ¬â„¢s more esoteric practices.Ã¢â ¬Â•Ã¢â ¬â •Library Journal Ã¢â ¬Å“Light-hearted, contemporary, and at times hilarious, RinzlerÃ¢â ¬â„¢s book is addictively easy to read.Ã¢â ¬Â•Ã¢â ¬â •Nexus Ã¢â ¬Å“Enjoyable, engaging, and inspiring. I loved the book and think itÃ¢â ¬â„¢s a great introductory read for a younger person who would like to know more about Buddhism, or just life in general.Ã¢â ¬Â•Ã¢â ¬â •Wildmind.org Ã¢â ¬Å“RinzlerÃ¢â ¬â„¢s voice is approachable and funny and absolutely credible to all of the young professionals who seem to have it all but who are beginning to wonder if they are missing something really, really big.Ã¢â ¬Â•Ã¢â ¬â • www.beliefnet.comÃ Â Ã¢â ¬Å“The cool kidÃ¢â ¬â„¢s Buddhist.Ã¢â ¬Â•Ã¢â ¬â •The Boston Phoenix

"This isn’t your grandmother’s book on meditation. It’s for you. That is, assuming you like to have a beer once in a while, enjoy sex, have figured out that your parents are crazy, or get frustrated at work. It’s a book that doesn’t put Buddhism on some pedestal so that you have to look up to it. It’s about looking at all the book and crannies of your life and applying Buddhist teachings to them, no matter how messy that may be." - from the introduction of The Buddha Walks into a Bar: A Guide to Life for a New Generation

I carry this book with me everywhere, just read a bit during down time and then reflect on it while going about my day. He has a way of touching on every human experience in a way we can relate to, reevaluating ourselves and how we interact in our daily life. Its helped me through number of tough times too. Ive re-read it maybe 20 times at-least. I finally gave it to a friend as a gift who was going through their own life challenges. My friend isn’t much of a reader but he just tried the first page and was invested for the whole book. After hearing him speak about what he’s learning from it, I had to go buy myself another copy. Buddhist or not everyone should read this, everyone can relate to it and benefit from it.

Personally, I loved this book! It was well written with humor, provided easy to follow advice on how to live mindfully throughout your life and how to share compassion with those around you. The writer truly is able to hold your attention from beginning to end to provide an entertaining read. He provided well articulated scenarios that most people living in society have come into contact with (from everything to relationships, to work, to personal thinking and time). Honestly, there were about three pages regarding death that I personally do not agree with, but it should not stop you from taking the fundamentals out of this book and share a mindful compassionate life with others! Everyone has their own beliefs, and this author was great at conveying the basic good nature of humans that everyone can agree with!

Not much in the way of applying Buddhism to daily life, more so just a layman’s explanation of the religion, or whatever you call it.

Great book. I was teaching a yoga and meditation class and ordered this halfway though when I was sick of the other book I was reading passages out of. This was perfect for that. Also enjoying reading in my free time. Worth the read for Lodro’s insight in chapter 7 titled Attending to the details of your life, which then breaks it down and focuses on Our 9-5, Our Job, Our Clothes, Our Money, Our Body, and Our Travel.

This is a fantastic modern view of Buddhism. If you’re looking for a book to start your journey, this is the one I recommend. Other books may prove intimidating, and may unintentionally discourage new students. I’m no expert, just to be clear! However, if someone were to ask me where to begin, I would hand them this book. The author takes a step back, allows the reader to breathe, and doesn’t take life so seriously. Well done, Mr. Rinzler. Thank you.

"The Buddha Walks into A Bar" is a great primer and guide for a westerner in search of a better understanding of Buddhist philosophy and practice. My interest stems from using meditation as a stress relief but I’ve gotten much more curious about the practice. Sometimes, primers on Buddhist thought often seem unrelatable when they stress attachment to nothing and learning to not want anything. At that level, Buddhism didn’t seem any more practical to me than any Western religion.But those ideas are not the essence of Buddhism and Rinzler does a fantastic job at making Buddhist ideas accessible to modern, secular adults. I found his quirkiness endearing and

identifiable and his reasoning sound. Structurally, my only complaint is that the book ends without much of a conclusion. It just ends.However, I enjoyed this book so much I started to google search that loaded term "Shambala Buddhism" and Rinzler's book suddenly became much more complicated for me. It's fairly controversial and Rinzler sprinkles references to the organization and its leader throughout the book but does not do much in the way of explaining his organization. I now have a LOT of questions about Shambala Centers and their aims. However, his book does a good enough job of getting my interest up in visiting one, and leaves enough information out to leave me skeptical - which i thank him for.In the end, I had the feeling like I'd love to meet Lodro Rinzler at a bar for a drink, and talk about the Buddha. That's a success in my book.

I am loving this book. Such a refreshing perspective. I would consider myself a "recovering Evangelical" and this book has opened up a whole new and uplifting way of connecting to God. Feeling thankful.

No matter where you are on the path to self discovery this book will help guide you to a deeper understanding of your own innate goodness and seeing the magical world around you.

Download to continue reading...

The Buddha Walks into a Bar...: A Guide to Life for a New Generation Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1) Bar Exam Mind: A Strategy Guide for an Anxiety-Free Bar Exam (Pass the Bar Exam Book 3) Scoring High on Bar Exam Essays: In-Depth Strategies and Essay-Writing That Bar Review Courses Don't Offer, with 80 Actual State Bar Exams Questions a BAR REVIEW: Evidence, Constitutional law, Contracts, Torts: The Author's Own Bar Exam Essays Were All Published After The Bar Exam. Look Inside! Bar Exam Basics: A Roadmap for Bar Exam Success (Pass the Bar Exam) (Volume 1) The Bar Exam Mind Bar Exam Journal: Guided Writing Exercises to Help You Pass the Bar Exam The Bar Exam: The MBE Questions (Prime Members Can Read This Book Free): e law book, 200 Answered and Analyzes Multi State Bar Exam Questions - look inside!!! ! !! (Norma's Big Bar Preps) Short Walks in The Cotswolds: Guide to 20 Easy Walks of 3 Hours or Less (Collins Ramblers Short Walks) Pub Walks: Walks to the Finest Pubs in the Yorkshire Dales (Yorkshire Dales: Top 10 Walks) Girl Walks into a Bar...: Comedy Calamities, Dating Disasters, and a Midlife Miracle A Horse Walks Into a Bar Man Walks into a Bar: Over 6,000 of the Most Hilarious Jokes, Funniest Insults and Gut-Busting One-Liners A Horse Walks into a Bar: A novel American Bar Association Guide to

Wills and Estates, Fourth Edition: An Interactive Guide to Preparing Your Wills, Estates, Trusts, and Taxes (American Bar Association Guide to Wills & Estates) The Palmetto State Glove Box Guide to Bar-B-Que: The Complete Statewide Guide to Bar-B-Que in South Carolina (Glovebox Guide to Barbecue Series) Passing the Uniform Bar Exam: Outlines and Cases to Help You Pass the Bar in New York and Twenty-Three Other States (Professional Examination Success Guides) (Volume 1) Raising the Bar: Integrity and Passion in Life and Business: The Story of Clif Bar Inc. New Boots in New Zealand: Nine great walks, three islands and one tramping virgin: Nine Great Walks, Three Islands & One Tramping Virgin The Ultimate Key West Bar Guide (The Ultimate Bar Guide Series Book 1)

Contact Us

DMCA

Privacy

FAQ & Help