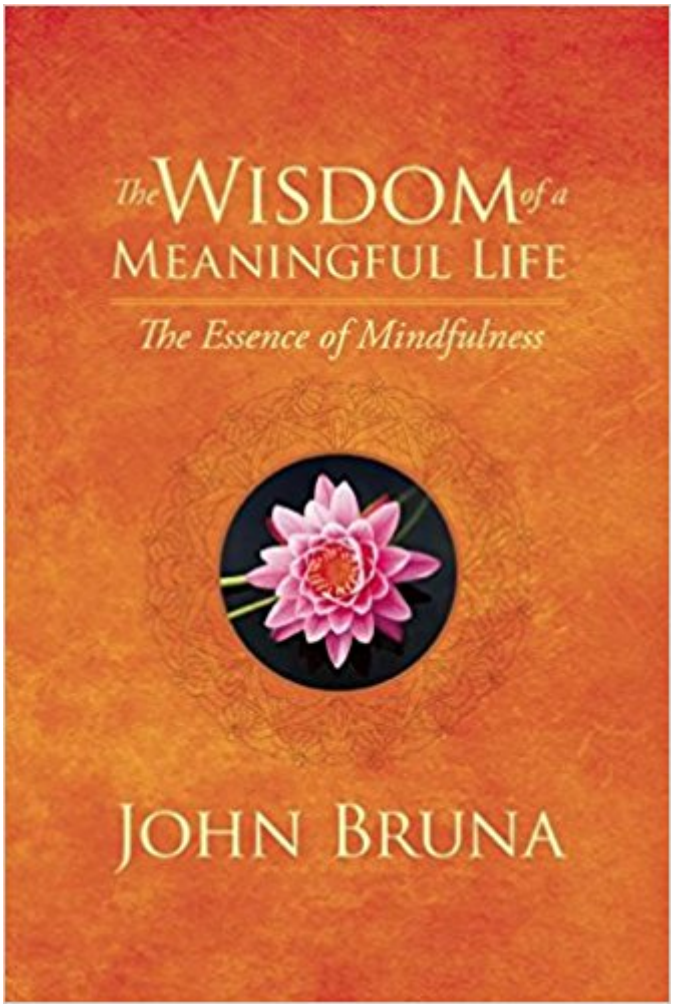
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The Wisdom Of A Meaningful Life: The Essence Of Mindfulness



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Synopsis

A rich and multilayered guide that offers readers accessible wisdom and practical methods to cultivate deeper satisfaction in everyday experiences. In contrast to stimulus-driven pleasure, contentment comes from living a life of meaning that aligns with one’s values.Ã Â The authorÃ Â identifies the common traps people fall into looking for happiness that actually create stress, worries, and fears, and offers authentic mindfulness-based solutions to counteract them.The increasing popularity of secular mindfulness in the United States mainstream has unfortunately produced a variety of teachings that water down and misunderstand this important philosophy and approach to living. Mindfulness is often reduced to concentration exercises and a simplistic definition of being aware of the present moment. In nearly all secular presentations of mindfulness, it is taken out of the rich context of the Three Higher Trainings (ethics, concentration, and wisdom) of Buddhism in which it was originally taught. The unique feature of this book is that it maintains the substance of the entire teaching as a program that is accessible to people of all spiritual traditions or no spiritual tradition.John Bruna is a counselor, mindfulness and spiritual teacher, and Certified Alcohol and Substance Abuse Counselor (CASAC) in California. In 2005, he was ordained as a Buddhist monk in the Tibetan tradition through the Gaden Shartse Monastery in India. In 2012, he became a Certified Cultivating Emotional Balance Mindfulness Teacher via the Santa Barbara Institute for Consciousness Studies. Currently, John is the director of the Way of Compassion Foundation and cofounder of the Mindful Life Program.

Book Information

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Customer Reviews

“In his timely and insightful book The Wisdom of a Meaningful Life John Bruna sheds clear light on the difference between hedonic pleasure and genuine well-being. While Albert Einstein compares the pursuit of the former to the ambitions of a pig, the Dalai Lama suggests that the cultivation of the latter is the very meaning of life itself. On this basis, the author brings a rich ethical and transformative context to mindfulness meditation, couching it within the framework of a meaningful worldview, set of values, and way of life. I highly recommend this book." - B. Alan Wallace, PhD, Buddhist scholar and author of The Attention Revolution"The transformative journey of John' BrunaÃ¢â ¬â„¢s life engages all to explore the possibilities and path that awaits each of us in creating a meaningful life!" - Marial L. Martyn, PhD, LCSW, Professor of Psychology, Capella University“John BrunaÃ¢â ¬â„¢s kind, loving presence is infused in these pages where he shares many tools along with simply stated wisdom that guide us to a more meaningful life of contented happiness. From his years as a Buddhist Monk and in recovery John has gained the insight and clarity to offer deep wisdom in clear accessible language. He is a natural storyteller and this book resonates with his big heart, authenticity, and humor.Ã¢â ¬Â• - Peter Kuhn,Buddhist Priest, ordained by Thich Nhat Hanh“Simply written, and yet, profound, The Wisdom of a Meaningful Life is a practical and accessible guide to cultivating a healthy mind. This text un-complicates and brings clarity to concepts that have been both overused and misused in popular literature. John BrunaÃ¢â ¬â„¢s work is enduring and brilliant!Ã¢â ¬Â• - Rebecca A. Willow, EdD, LPC, NCC, Associate Professor, Gannon University Clinical Mental Health Counseling Program, Department of Psychology and Counseling"What a welcome offering John Bruna provides us in his new book, The Wisdom of a Meaningful Life. Not only does Bruna recast traditional Buddhist teachings on mindfulness practice in a contemporary, and scientifically grounded new key, but he goes beyond the emphasis on meditation practice alone and adds his distinct and fresh perspective on the importance of ethical action. It is this skilled translation of mindfulness into right action that generates wellbeing, inner peace, and happiness. Most compellingly, Bruna illustrates his teaching with powerful examples from his own experience of transformation from addiction to freedom." - Rev. David McCallum, S.J., Ed.D, Special Assistant to the President for Mission Integration, Le Moyne College“The Wisdom of a Meaningful Life is a powerful meeting of ancient Buddhist teachings and humble stories of one man's journey through a life of recovery and Buddhist practice. I have read and recommended many introductory books on mindfulness over the years, but this one will go to the top of my list of recommendations, for its clarity and honesty, and its emphasis on a whole and wise approach to one's life.Ã¢â ¬Â• - Zenshin Florence Caplow, Soto Zen priest and

author of The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women

John Bruna is a counselor, educator, mindfulness and spiritual teacher. With humble and challenging beginnings, he grew up in a low-income environment, surrounded by drugs, alcohol, and violence. He has been in recovery since 1984. In 1992 he became Certified Alcohol and Substance Abuse Counselor in California, and in 2000 received a BA in History and Secondary Teaching Credential from California State University, Northridge. In 2005 he was ordained as a Buddhist monk in the Tibetan tradition through the Gaden Shartse Monastery in India. After more than six years of monastic life, John has returned to life as a layperson and in 2012 became a Certified Cultivating Emotional Balance Mindfulness Teacher via the Santa Barbara Institute for Consciousness Studies. Currently, John is the director of Way of Compassion Foundation and Co-Founder of the Mindful Life Program.

I have been slowly reading John’s book on leading a meaningful life, giving his words a chance to sink in. John’s book is a treasure. It even feels like treasure when I hold it. Such a wonderful book. I not only have a copy for myself, but ordered 10 copies and have passed them out to friends.

I love John’s book. I’ve heard him speak a couple of times and hung on his every word. He has a kind and gentle spirit which comes through in his book from cover to cover. Always attempting to bring us back to center. I wait with baited breath for book 2. I look forward to hearing more of his stories and guidance to continue my discovery for a balanced life. Thank you John. I look forward to seeing you again. Lots of Love, Ellen

John’s book will stay with you for a long time. Some of the concepts, so simple on the surface that you almost pass over them, will rise back up when they become necessary in your life. Whether it was written in the book or he told me in person, John’s promise that, "If you want to feel good, do things you feel good about." was a statement that held no interest to me when I first heard it. Down the road a ways in life, it suddenly reappeared in my mind like a neon sign and became the whole premise of my understanding of God and the decisions I made in life. The things John says will probably have a similar effect on you too.

What an enjoyable read! This book has been an incredible resource and guide on my transformational path. John Bruna’s amazing life path and his ability to unpack and deliver skillful

tools through his writing and teaching continues to be a source of inspiration in my daily life. Get this book, Read this book, engage in your life with the tools and resources, and your relationship with yourself, others and the world around you may just flourish in ways we never thought possible.

Highly readable and accessible, with important insights and suggestions that help foster mindfulness, compassion, and meaning.

Quite possibly, the most important book I've ever read.

A wonderful read full of wisdom, clarity and instruction for living a life that brings self-awareness, relevance and sincerity to all that you do :)

I am currently reading this book and find it very accessible and practical. There are clear insights that are presented with depth and yet in a concise manner.

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