



Walk Like a Buddha: Even if Your Boss Sucks, Your Ex Is Torturing You, and You're Hungover Again

Lodro Rinzler

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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.

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From reader reviews:

Jill Spann:

Reading can called imagination hangout, why? Because if you find yourself reading a book specifically book entitled Walk Like a Buddha: Even if Your Boss Sucks, Your Ex Is Torturing You, and You're Hungover Again your brain will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely will end up your mind friends. Imaging just about every word written in a publication then become one application form conclusion and explanation which maybe you never get prior to. The Walk Like a Buddha: Even if Your Boss Sucks, Your Ex Is Torturing You, and You're Hungover Again giving you a different experience more than blown away the mind but also giving you useful facts for your better life in this era. So now let us demonstrate the relaxing pattern at this point is your body and mind are going to be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

Mario Berry:

Your reading sixth sense will not betray a person, why because this Walk Like a Buddha: Even if Your Boss Sucks, Your Ex Is Torturing You, and You're Hungover Again publication written by well-known writer who really knows well how to make book which can be understand by anyone who else read the book. Written with good manner for you, dripping every ideas and creating skill only for eliminate your hunger then you still uncertainty Walk Like a Buddha: Even if Your Boss Sucks, Your Ex Is Torturing You, and You're Hungover Again as good book not only by the cover but also from the content. This is one e-book that can break don't determine book by its handle, so do you still needing another sixth sense to pick this!? Oh come on your examining sixth sense already said so why you have to listening to another sixth sense.

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