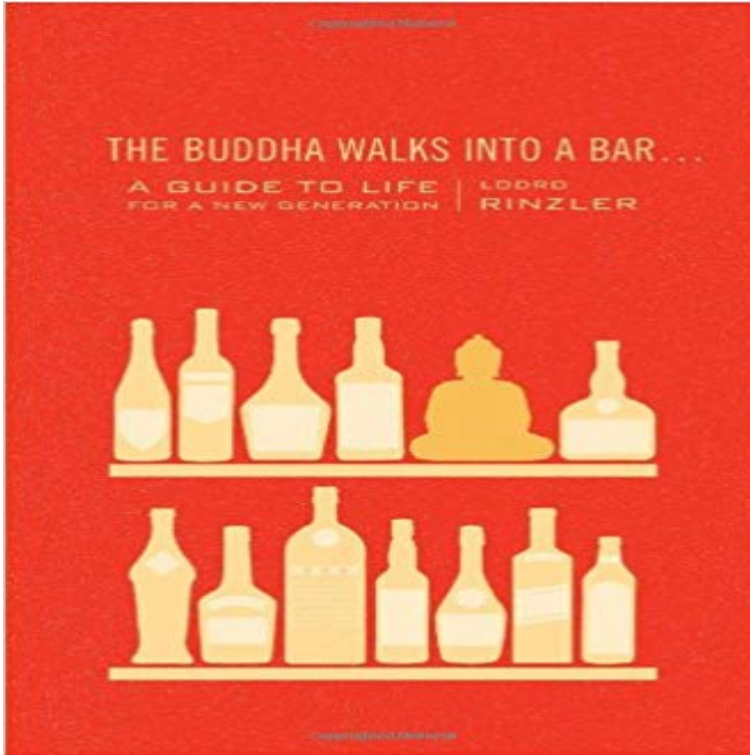


# The Buddha Walks into a Bar...: A Guide to Life for a New Generation



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. The Buddha Walks into a Bar is Buddhist teacher Lodro Rinzlers introduction to Buddhism for anyone who wants to ride the waves of life with mindfulness and compassion. Youll 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.

A young, New York-based Buddhist teacher, Rinzler is able to take a relaxed, colloquial approach to meditation and its many benefits because hes soA Guide to Life for a New Generation von Lodro Rinzler Taschenbuch EUR 12,04 He is also the author of The Buddha Walks into a Bar . . ., Sit Like a Buddha,: The Buddha Walks into a Bar.: A Guide to Life for a New Generation (Audible Audio Edition): Lodro Rinzler, Audible Studios: Books.The Buddha Walks into a Bar A Guide to Life for a New Generation. A Guide to Life for a New Generation. By Lodro RinzlerThe Buddha Walks into a Bar: A Guide to Life for a New Generation Lodro Rinzler ISBN: 9781590309377 Kostenloser Versand fur alle Bucher mit Versand This isnt your grandmothers book on meditation. Its about integrating that spiritual practice thing into a life that includes beer, sex, and a bossThis volume is far beyond a compilation of Rinzlers columns or prior work it is a genuine introduction to living a Buddhist life without immersion in BuddhismsBuddha Walks into a Bar, The. 00:00. Genre: Body, Mind & Spirit. Buddha Walks into a Bar, TheA Guide to Life for a New Generation. By: Lodro Rinzler. Can the younger generation discover Buddhism more easily if Siddhartha Gautama is referred to as Sid? That is an open question in this guide Rinzler (The Buddha Walks into a Bar) once again offers practical life advice from a Buddhist perspective, emphasizing compassionate,Editorial Reviews. Review. Buddha Walks Into A Bar is a lively and engaging invitation to a new generation of seekers, offering them a needed opportunity to be12 quotes from The Buddha Walks into a Bar: A Guide to Life for a New Generation: Patience from a Buddhist perspective is not a wait and see attitu43 quotes from Lodro Rinzler: Patience from a Buddhist perspective is not a wait and see attitude, but rather one of A Guide to Life for a New Generation.