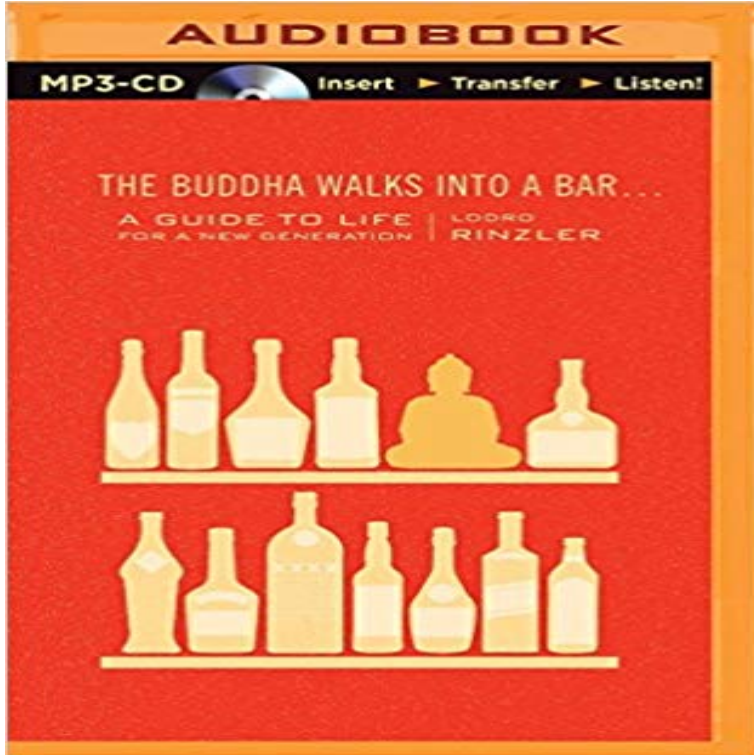


# The Buddha Walks into a Bar...: A Guide to Life for a New Generation



The Buddha Walks into a Bar is an audiobook 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.

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