



## Don't Worry, Be Grumpy: Inspiring Stories for Making the Most of Each Moment

By Ajahn Brahm

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Laugh aloud even as you look at life anew with these stories from the bestselling author of *Who Ordered This Truckload of Dung?*

In 108 brief stories with titles like "The Bad Elephant," "Girlfriend Power," and "The Happiness License," Ajahn Brahm offers up more timeless wisdom that will speak to people from all walks of life. Drawing from his own experiences, stories shared by his students, and old chestnuts that he delivers with a fresh twist, Ajahn Brahm shows he knows his way around the humorous parable, delighting even as he surprises us with unexpected depth and inspiration.

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### **Bibliography**

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### Editorial Review

#### Review

"I love a book that I can open randomly to any page and know I'll find a valuable teaching. This describes the delightful new book *Don't Worry Be Grumpy*. With every story, the irrepressible Ajahn Brahm gently challenges our conventional views, giving us a fresh perspective imbued with wisdom and compassion."

(Toni Bernhard, author of *How to Be Sick*)

"If a picture is worth a thousand words, then a good metaphorical story is worth that many more. Ajahn Brahm's latest collection of stories are funny, endearing, and, of course, infused with wisdom." (Arnie Kozak, author of *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness*)

"In irreverent and inescapably humorous ways, Ajahn Brahm's *Don't Worry, Be Grumpy* collection of stories become unforgettable learning experiences." (Jean Smith, author of *Life Is Spiritual Practice*)

#### About the Author

After pursuing a degree in theoretical physics from Cambridge University, Ajahn Brahm, born in London as Peter Betts, headed off to a forest monastery in Thailand, where he studied under the famed meditation master Ajahn Chah for nine years starting in the mid 1970s. A Buddhist monk for over thirty years, he is now the abbot and spiritual director of the Buddhist Society of Western Australia in Perth, and he is in demand worldwide both as a spiritual teacher and as a popular speaker. He is the author of *Who Ordered This Truckload of Dung?*, *The Art of Disappearing*, and *Mindfulness, Bliss, and Beyond*.

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##### Joseph Barnett:

Information is provisions for individuals to get better life, information currently can get by anyone at everywhere. The information can be a knowledge or any news even a problem. What people must be consider while those information which is in the former life are challenging be find than now is taking seriously which one is acceptable to believe or which one the resource are convinced. If you find the unstable resource then you understand it as your main information you will see huge disadvantage for you. All of those possibilities will not happen throughout you if you take *Don't Worry, Be Grumpy: Inspiring Stories for*

Making the Most of Each Moment as the daily resource information.

**Gary Spengler:**

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**Alice Olivares:**

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