



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

By Lodro Rinzler

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From the author of the best-selling *Buddha Walks into a Bar* . . . , tips for living with integrity, compassion, and happiness--from his popular *Huffington Post* advice column.

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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