

A Spiritual Renegades Guide To The Good Life Lama Marut

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A Spiritual Renegade's Guide to the Good Life. For Buddhists and non-Buddhists alike, a provocative yet compassionate guide using a series of insightful lessons, meditations, and exercises designed to incite a fresh take on our quest for happiness and the good life. Start a Revolution, Incite Happiness!

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A Spiritual Renegade's Guide to the Good Life is an honest, fearless, and often humorous manifesto standing as a practical and achievable (if not radical and revolutionary) blueprint for creating and sustaining happiness in an age of consumerism, self-absorption, and stress.

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"A Spiritual Renegade's Guide to the Good Life is so good I wish I had written it myself! Seriously, you really should try to overcome your fear of bliss and start living the way Lama Marut suggests. I recommend this delightful book that should accompany your day to day from now on."

A Spiritual Renegade's Guide to the Good Life - Kindle ...

In A Spiritual Renegade's Guide to the Good Life (Atria Books/Beyond Words Publishing, 2012), Lama Marut voices the next generation of spiritualism by addressing today's need for fearless honesty, practicality and simplicity, and offering meditations and action plans designed to incite true, unpackaged happiness.

I Have Enough: A Spiritual Renegade's Guide to the Good ...

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"A Spiritual Renegade's Guide to the Good Life is so good I wish I had written it myself! You should try to overcome your fear of bliss and start living the way Lama Marut suggests. I recommend this delightful book that should accompany your day to day from now on." —Robert A. F. "Tenzin" Thurman, [...]

A SPIRITUAL RENEGADE'S GUIDE TO THE GOOD LIFE, Lama Marut ...

Meet Lama Marut, the author of A Spiritual Renegade's Guide to the Good Life. He brings Buddhist wisdom for the everyday person who wants to experience an authentically happy existence. Beliefnet...

Lama Marut: Five Life Lessons from a Spiritual Renegade

Integrating the ancient teachings of Tibetan Buddhism into the everyday grind, A Spiritual Renegade's Guide to the Good Life presents a fresh take on our quest for a joyful existence. Each chapter includes an action plan designed to elicit true happiness and forge a clear path toward fulfillment.

A Spiritual Renegade's Guide to the Good Life (with ...

Playful and entertaining, A Spiritual Renegade's Guide to the Good Life distills complex ideas into a light-hearted, easy-to-read manual for happiness and fulfillment. I'm grateful that Lama Marut took the time to answer some questions about the book, and also offered 5 books for Tiny Buddha readers.

Interview and Giveaway: A Spiritual Renegade's Guide to ...

A Spiritual Renegade's Guide to the Good Life ends each chapter with an action plan designed to incite true, unpackaged happiness. This book is bound to disrupt your suffering, disturb your dissatisfaction, and elicit a deep-seated contentment. Happiness is in our hands; we only need to shake off our inertia and incite it! Published: June 5, 2012

A Spiritual Renegade's Guide to the Good Life - Beyond ...

Integrating the ancient teachings of Tibetan Buddhism into the everyday grind, A Spiritual Renegade's Guide to the Good Life presents a fresh take on our quest for a joyful existence. Each chapter includes an action plan designed to elicit true happiness and forge a clear path toward fulfillment. You'll learn how to:

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A Spiritual Renegade's Guide to the Good Life (with embedded video) by Lama Marut Synopsis: Start a Revolution, Incite Happiness! Delivered with fearless candor and disarming humor, Lama Marut introduces a simple set of exercises that offers a revolutionary yet wholly practical approach to creating and sustaining happiness in a complex modern age.

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