

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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