

# If The Buddha Dated By Charlotte Kasl

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## Daily Wisdom

“Behold a wonder—a romantic self-help book that is intelligent, upbeat, practical, useful, winning, and even wise.”—Kirkus Reviews  
If you want to find your soul mate, you first have to know yourself. *If I'm So Wonderful, Why Am I Still Single?* offers intelligent, practical guidance to singles looking to improve their romantic relationships—by getting to know their own past patterns and relationship needs. Readers will find

quizzes, case studies, and anecdotes from the author's decades of experience as a counselor to both couples and singles. Each aspect of the book is tailored to help readers figure out what they really want—and learn not to settle for less. Translated into twenty-two languages, *If I'm So Wonderful, Why Am I Still Single?* has become a modern classic that's helped countless people understand their own romantic motivations and find the partner they're looking for. "Men and women who want permanent partners will benefit from her '10 strategies that will change your love life forever'...[an] engaging guide."—Publishers Weekly

### **If the Buddha Dated**

This paperback edition includes an exclusive conversation between Bill and Giuliana Rancic, hosts of NBC's *Ready for Love*, and Tracy McMillan, one of its expert matchmakers. This new relationship show features three of America's most eligible guys searching for their soul mates. If you're looking to get married and you're not, there's most likely a very good reason: you. Hey, you're certainly not a bad person! You just haven't yet become the woman you need to be in order to have the partnership you want. That's where this book comes in. Based on her wildly popular Huffington Post article, *Tracy McMillan's Why You're Not Married . . . Yet* dishes out no-holds-barred practical wisdom for women hoping to head down the aisle. And this new edition features even more candid advice and sisterly insight. McMillan points out the behaviors that might be in your blind spot and shows

you how to adjust them to get the relationship you deserve. Do any of these chapter headings sound familiar? • You're a Bitch: How defensiveness can hide behind a tough exterior, and why being nice is never a sign of weakness. • You're a Liar: How to stop lying to men—and get honest with yourself—about the kind of relationship you really want. • You're Selfish: The big secret about marriage: It's about giving something, not getting it. A funny, insightful guide, *Why You're Not Married . . . Yet* will change your life and the way you think about relationships, and it may very well lead you down the aisle. "Very wise . . . Give this book to every single girlfriend [you] have."—Marie Claire "Equal parts BFF, boot-camp instructor, and relationship guru, Tracy McMillan will change the way you think about yourself and your relationships. This book is for every woman out there who wants to have a great marriage."—Ricki Lake

### **If the Buddha Dated**

A guide to the Buddha's teachings explains the fundamentals of Buddhist meditation and philosophy and provides practical explanations for developing compassion and wisdom to achieve lasting happiness.

### **If I'm So Wonderful, Why Am I Still Single?**

In February 2004, when her American husband, a recently ordained Zen monk, leaves home to train for a year at a centuries-old Buddhist monastery, Tracy Franz embarks on her own year of Zen. An Alaskan

alone—and lonely—in Japan, she begins to pay attention. *My Year of Dirt and Water* is a record of that journey. Allowed only occasional and formal visits to see her cloistered husband, Tracy teaches English, studies Japanese, and devotes herself to making pottery. Her teacher instructs her to turn cup after cup—creating one failure after another. Past and present, East and West intertwine as Tracy is twice compelled to return home to Alaska to confront her mother’s newly diagnosed cancer and the ghosts of a devastating childhood. Revolving through the days, *My Year of Dirt and Water* circles hard questions: What is love? What is art? What is practice? What do we do with the burden of suffering? The answers are formed and then unformed—a ceramic bowl born on the wheel and then returned again and again to dirt and water.

## **Toward a Psychology of Awakening**

Though raised Catholic, in the early 1950s Jack Kerouac became fascinated with Buddhism, an interest that would have a profound impact on his ideas of spirituality and their expression in his writing from *Mexico City Blues* to *The Dharma Bums*. Published for the first time in book form, *Wake Up* is Kerouac’s retelling of the story of Prince Siddhartha Gautama, who as a young man abandoned his wealthy family and comfortable home for a lifelong search for Enlightenment. As a compendium of the teachings of the Buddha, *Wake Up* is a profound meditation on the nature of life, desire, wisdom, and suffering. Distilled from a wide variety of canonical

scriptures, *Wake Up* serves as both a concise primer on the concepts of Buddhism and as an insightful and deeply personal document of Kerouac's evolving beliefs. It is the work of a devoted spiritual follower of the Buddha who also happened to be one of the twentieth century's most influential novelists. *Wake Up: A Life of the Buddha* will be essential reading for the legions of Jack Kerouac fans and for anyone who is curious about the spiritual principles of one of the world's great religions.

### **If the Buddha Had Kids**

Are you frustrated by stymied relationships, missed connections, and the loneliness of the search for someone to spend the rest of your life with? Are you ready, instead, to find "The One"? In *Calling in "The One,"* Katherine Woodward Thomas shares her own personal experience to show women that in order to find the relationship that will last a lifetime, you have to be truly open and ready to create a loving, committed, romantic union. *Calling in "The One"* shows you how. Based on the Law of Attraction, which is the concept that we can only attract what we're ready to receive, the provocative yet simple seven-week program in *Calling in "The One"* prepares you to bring forth the love you seek. For each of the 49 days of Thomas's thoughtful and life-affirming plan, there is a daily lesson, a corresponding practice, and instruction for putting that lesson into action in your life. Meditation, visualization, and journaling exercises will gently lead you to recognize the obstacles on your path to love and provide ways to steer around them.

At the end of those 49 days, you will be in the ideal emotional state to go out into the world and find “The One.” An inspirational approach that offers a radical new philosophy on relationships, Calling in “The One” is your guide to finding the love you seek.

## **If You Meet the Buddha on the Road, Kill Him**

Open up Daily Wisdom and find page after page of illuminating words. You'll encounter ancient Buddhist sages and contemporary meditation masters offering encouragement and quiet counsel - some in spacious poetry, others in lucid prose - on love and living wisely, on meditation and mindfulness, on the pitfalls of anger and necessity of compassion. Whether you're seeking morning inspiration or a few uplifting words to help keep a difficult day in perspective, Daily Wisdom is a valuable companion. Includes words of wisdom from: The Dalai Lama Lama Yeshe Ayya Khema Bhante G. Thich Nhat Hanh B. Allan Wallace Lorne Ladner Sandy Boucher Lama Zopa Rinpoche Master Hsing Yun Sakya Pandita Milarepa Kalu Rinpoche and many more!

## **Return of the Buddha**

Approaches the institution of marriage as a means for awakening rather than a necessary evil, providing quotes from Zen, Sufi, and other wisdom traditions to help readers discover their potential for positive human connection.

## **Many Roads, One Journey**

Combining spiritual insight with pragmatic guidance, this lighthearted yet practical handbook shows readers how to live a more balanced, richer life.

## **If the Buddha Dated**

A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. A Wrinkle in Time, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem.

## **The Buddha of Suburbia**

This anthology, first published in 1995, illustrates the vast scope of Buddhist practice in Asia, past and

present. Re-released now in a slimmer but still extensive edition, *Buddhism in Practice* presents a selection of thirty-five translated texts--each preceded by a substantial introduction by its translator. These unusual sources provides the reader with a sense of the remarkable diversity of the practices of persons who over the course of 2,500 years have been identified, by themselves or by others, as Buddhists. Demonstrating the many continuities among the practices of Buddhist cultures widely separated by both history and geography, *Buddhism in Practice* continues to provide an ideal introduction to Buddhism and a source of new insights for scholars.

## **Buddhism in Practice**

This indispensable volume is a lucid and faithful account of the Buddha's teachings. "For years," says the *Journal of the Buddhist Society*, "the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula's *What the Buddha Taught* fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to 'the educated and intelligent reader.' Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly." This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index.

## **My Year of Dirt and Water**

Author and actress Lu had dated one wrong guy after another until she decided to use her math skills to fix her romantic life. The result is a brilliant system for finding love that combines the certainties of math and human behavior into a sure-fire formula for finding Mr. Right.

## **If the Buddha Dated**

If the Buddha came to dinner at your home, what would you serve? Fast food? A frozen meal quickly reheated in the microwave? Chances are you'd feed your honored guest a delicious meal prepared with love and care. But the next time you have dinner, what will you eat? With so much processed food in the marketplace, obesity in adults and children dramatically on the rise, and digestive problems increasingly more common, it's clear that we're facing a serious food crisis in this country. The answer, however, isn't just to go on a diet. Reducing the intake of refined and processed foods and increasing whole foods certainly can improve one's health. But we need more. We need to feed ourselves with a sense of purpose, self-respect, love, and passion for our lives. We need to nourish our spirits. Nourishment isn't a fad diet . . . it's a lifelong journey, and Halé Sofia Schatz is the ideal guide. Gentle, wise, and humorous, she shows us the way to the heart of nourishment--our own inner wisdom that knows exactly how to feed our whole self. A perfect blend of inspiration and practical suggestions, If the Buddha

Came to Dinner includes guidelines for selecting vital foods, ideas for keeping your energy balanced throughout the day, a cleanse program, and over 60 recipes to awaken your palate. Open this book and nurture yourself as never before. You'll be fed in a whole new way.

## **Essential Buddhism**

Four hundred million people call themselves Buddhists today. Yet most Westerners know little about this powerful, Eastern-spawned faith. How did it begin? What do its adherents believe? Why are so many Westerners drawn to it? Essential Buddhism responds to these questions and many more, offering an accessible, global perspective on the religion's past, present, and future. It identifies how the principal concepts and practices originated and evolved through diverse cultural adaptations into three basic formats: \* Theraveda (including Vipassana, brought from Vietnam in the 1960s and including such practitioners as Jack Kornfield and Jon Kapat-Zinn) \* Mahayana (including Zen Buddhism, originally brought to America by Japanese teachers after World War II and popularized by Jack Kerouac and Thomas Merton) \* Vajrayana (including Tibetan Buddhism, from the teachers who fled the Chinese takeover of Tibet in the 1950s as well as the Dalai Lama, and embraced by Allen Ginsberg, Richard Gere, and countless others) Essential Buddhism is the single best resource for the novice and the expert alike, exploring the depths of Buddhism's popularity and illuminating its tenets and sensible approach to living.

Written in the lucid prose of a longtime professional storyteller, and full of Buddhist tales, scriptural quotes, ancient stories, and contemporary insights, *Essential Buddhism* is the first complete guide to the faith and the phenomenon.

### **Love Hurts**

*Siddhartha* is a 1922 novel by Hermann Hesse that deals with the spiritual journey of self-discovery of a man named Siddhartha during the time of the Gautama Buddha. The book, Hesse's ninth novel, was written in German, in a simple, lyrical style. It was published in the U.S. in 1951 and became influential during the 1960s. Hesse dedicated the first part of it to Romain Rolland and the second to Wilhelm Gundert, his cousin. The word Siddhartha is made up of two words in the Sanskrit language, *siddha* (achieved) + *artha* (what was searched for), which together means "he who has found meaning (of existence)" or "he who has attained his goals". In fact, the Buddha's own name, before his renunciation, was Siddhartha Gautama, Prince of Kapilvastu. In this book, the Buddha is referred to as "Gotama".

### **Dear Lama Zopa**

How can we connect the spiritual realizations of Buddhism with the psychological insights of the West? In *Toward a Psychology of Awakening* John Welwood addresses this question with comprehensiveness and depth. Along the way he shows how meditative awareness can help us develop more dynamic and

vital relationships and how psychotherapy can help us embody spiritual realization more fully in everyday life. Welwood's psychology of awakening brings together the three major dimensions of human experience: personal, interpersonal, and suprapersonal, in one overall framework of understanding and practice.

## **Tsongkhapa**

The new standard work and definitive biography of Tsongkhapa, one of the principle founders of the Gelug school of Tibetan Buddhism--the school of the Dalai Lamas. In this groundbreaking addition to the Lives of the Masters series, Thupten Jinpa, a scholar-practitioner and long-time translator for His Holiness the Dalai Lama, offers the most comprehensive portrait available of Jé Tsongkhapa (1357-1419), one of the greatest Buddhist teachers in history. A devout monastic, Tsongkhapa took on the difficult task of locating and studying all of the Indian Buddhist classics available in Tibet in his day. He went on to synthesize this knowledge into a holistic approach to the path of awakening. In an achievement of incredible magnitude, he integrated the pivotal yet disparate Mahayana teachings on emptiness while retaining the important role of critical reason and avoiding the extreme of negating the reality of the everyday world. Included in this volume is a discussion of Tsongkhapa's early life and training; his emergence as a precociously intelligent Buddhist mind; the composition of his Great Treatise on the Stages of the Path to Enlightenment, Great Exposition

of Tantra, and many other important works; and his founding of the Lhasa Prayer Festival and Gaden Monastery. This is a necessary resource for anyone interested in Tsongkhapa's transformative effect on the understanding and practice of Buddhism in Tibet in his time and his continued influence today.

## **If the Buddha Came to Dinner**

A straightforward, yet lighthearted, look at what it takes to enter or reenter the world of dating—clean and sober style. How much of your past should you share? Is it wise to date another addict in recovery? What should you do if you're attracted to a problem drinker? These are important questions in any dating relationship, but even more critical for individuals who are in recovery. This Step-friendly, one-of-a-kind dating guide offers frank yet lighthearted advice about avoiding the traps, triggers, and trauma of romance in recovery.

## **Modern Buddhism**

Written by the leading authority on Theravada Buddhism, this up-dated edition takes into account recent research to include the controversies over the date of the Buddha and current social and political developments in Sri Lanka. Gombrich explores the legacy of the Buddha's predecessors and the social and religious contexts against which Buddhism has developed and changed throughout history, demonstrating above all, how it has always influenced and been influenced by its social surroundings in a

way which continues to this day.

## **If the Buddha Married**

Zen and the art of getting unstuck . . . Perennial favorites, Charlotte Kasl's *If the Buddha Dated*, *If the Buddha Married* and *If the Buddha Had Kids* have inspired readers with their empowering balance of spiritual and psychological wisdom. This wise yet lighthearted book extends on Dr. Kasl's trademark insight to speak to anyone who's ever experienced being stuck in life. With her signature clarity, wisdom, and wit, she presents seven simple yet profound steps on the path to change: Notice Where You're Stuck; Show Up; Pay Attention; Live in Reality; Connect with Others, Connect with Life; Move from Thought to Action; and Let Go. Full of insight from Buddhist and other teachings that emphasize the joy that comes with letting go of fears and attachments, *If the Buddha Got Stuck* is an inspirational and practical roadmap to a happier, more peaceful, and more fulfilling life.

## **Siddhartha**

Unconventional wisdom, affirmation, and advice from one of Tibetan Buddhism's most influential living teachers. Lama Zopa Rinpoche is a master at explaining Buddhism's radical but effective methods for transforming suffering into happiness, which have been practiced and taught by Tibetans for a thousand years. It's a challenging way to think - how can it be that the things that cause us pain are actually

blessings? In *Dear Lama Zopa*, Rinpoche applies that challenge to our everyday, real-life problems - from the littlest to the biggest. Every year he receives thousands of letters from people around the world asking for advice - on coping with everything from addiction, grief, and depression, to war, terrorism, and death. In his detailed and deeply caring responses to these letters, reproduced here, Rinpoche shows again and again that the best method for solving our problems is to radically change the way we perceive them; that by emphasizing their inner causes we can even change the resulting outer circumstances. Even people familiar with notions like karma and reincarnation, which imply that we are the creators of our own experiences, may find the advice difficult. Yet uncountable thousands of people of all backgrounds have put Rinpoche's loving guidance into practice - and have seen real and positive change in their lives. Now, with *Dear Lama Zopa*, you can see for yourself

### **Easy Does It Dating Guide**

Approaching the dating process as a means for awakening, the author offers quotes from wisdom traditions.

### **What the Buddha Taught**

Zen and the art of raising children to make peace in the world . . . In this wise and insightful volume, Charlotte Kasl applies her signature blend of spiritual guidelines, exercises, and practical advice to a stage

of life that leaves many of us searching for answers. If the Buddha Had Kids draws from Buddhist, Quaker, and other spiritual traditions to help parents raise children who value cooperation, compassion, and understanding, emphasizing that finding peace within a family is the first step toward creating a peaceful world. Beginning with creating a healthy bond with your child and moving through all stages of life, encouraging empathy, respect, fascination, and curiosity, Kasl explores the spiritual journey of parenting. She also draws on her decades of experience as a healer and practicing psychotherapist to tackle very practical concerns such as the roles of electronics, money, sexuality, and education, and what it means to find one's voice. This lively book promises to bring inspiration, humor, and wisdom to the joys and struggles of raising children in our contemporary world, and will serve as an enlightening companion for all moms and dads. From the Trade Paperback edition.

### **The Vein of Gold**

Poems inspired by yoga, meditation and the natural world, by long-term practitioner and teacher of yoga.

### **Never Be Lonely Again**

### **A Wrinkle in Time**

Approaching the dating process as a means for awakening, the author offers quotes from wisdom

traditions

## **Why You're Not Married . . . Yet**

Even if your wedding day is years off, "Spiritual Relationships That Last" tests your readiness for Christian marriage, life's most intimate love. If you are already married you will discover how to move ahead by building a lasting unity between you and your spouse. And whether you are single or married, you will find out how to stop a fruitless search for a mythical true love and to instead focus on building the relational skills that make marriage work.

## **The Magus of Strovolos**

Presents advice for overcoming loneliness and isolation, discussing how to foster personal connections, find meaningful work, become part of a community, help those in need, and develop long-lasting relationships.

## **Yes You Can**

YES, YOU CAN! A GUIDE TO EMPOWERMENT GROUPS, is a positive, encouraging, socially-conscious approach to overcoming addiction, finding personal power & building self-esteem. Based on 16 steps from the groundbreaking work, MANY ROADS, ONE JOURNEY: MOVING BEYOND THE 12 STEPS, this guidebook provides an invaluable source of support & information for people wanting a model that affirms their inner wisdom & helps them move from fear to

love. Based on experience & extensive research with people from different racial, cultural & class backgrounds, Dr. Kasl shows how people overcome addiction with a wholistic approach including physical healing, affirmation, connection to community & understanding the profound effects of racism, classism & sexism on their lives. Drawing from numerous successful 16-step groups around the country, YES, YOU CAN! provides detailed instructions for organizing & maintaining groups--including group guidelines, formats, group assessments & discussion of each of the 16 steps followed by exercises for empowerment. It also contains invaluable information on the cycles of addition, relapse prevention, fetal alcohol syndrome/effects & the relationship of internalized oppression to addiction & healing. THIS MODEL HAS BEEN TESTED IN OVER 100 GROUPS& IT WORKS! To order, write: YES, YOU CAN!--BOOK ORDERS, P.O. Box 1302, Lolo, MT 59847, Phone: 406-273-6080.

## **Go in and In**

"My name is Karim Amir, and I am an Englishman born and bred, almost" The hero of Hanif Kureishi's debut novel is dreamy teenager Karim, desperate to escape suburban South London and experience the forbidden fruits which the 1970s seem to offer. When the unlikely opportunity of a life in the theatre announces itself, Karim starts to win the sort of attention he has been craving - albeit with some rude and raucous results. With the publication of Buddha of Suburbia, Hanif Kureishi landed into the literary

landscape as a distinct new voice and a fearless taboo-breaking writer. The novel inspired a ground-breaking BBC series featuring a soundtrack by David Bowie.

### **Calling in "The One"**

Approaching the dating process as a means for awakening, the author offers quotes from wisdom traditions

### **Receptacle of the Sacred**

Zen and the art of falling in love . . . At once practical, playful, and spiritually sound, this book is about creating a new love story in your life. Drawing from Christian, Buddhist, Sufi and other spiritual traditions, *If the Buddha Dated* shows how to find a partner without losing yourself. Kasl, a practicing psychotherapist, workshop leader, and Reiki healer for thirty years, offers practical wisdom on using the path to love as a means of awakening. *If the Buddha Dated* teaches that when you stay loyal to your spiritual journey, you will bring curiosity, fascination, and a light heart to the dating process.

### **Spiritual Relationships That Last**

A fresh, realistic approach to altering one's destiny and accepting the responsibility that grows with freedom. No meaning that comes from outside of ourselves is real. The Buddhahood of each of us has already been obtained. We only need to recognize it. "The most important things that each man must learn

no one can teach him. Once he accepts this disappointment, he will be able to stop depending on the therapist, the guru who turns out to be just another struggling human being.” Using the myth of Gilgamesh, Siddhartha, The Wife of Bath, Don Quizote . . . the works of Buber, Ginsberg, Shakespeare, Karka, Nin, Dante and Jung . . . a brilliant psychotherapist, guru and pilgrim shares the epic tales and intimate revelations that help to shape Everyman's journey through life.

## **Wake Up**

In this vivid account, Kryiacos C Markides introduces to us the rich and intricate world of Daskalso, The Magus of Strovolos. In what appears at first to be an exercise in fantasy, we see Daskalos draw on seemingly unlimited mixture of esoteric teachings, psychology, reincarnation, demonology, cosmology and mysticism, from both eastern and western traditions. But Daskalos is first and foremost a healer, whose work is firmly rooted in a belied in 'Holyspirit' or absolute love, and whose aim is the expansion of reason and spiritual evolution.

## **If the Buddha Got Stuck**

Buddhism has a lot to say about suffering—and there are likely few times we suffer more intensely than when we break up with a romantic partner. It feels like you may never recover sometimes. But Lodro Rinzler has wonderfully good news for those suffering heartbreak: the 2,500-year-old teachings of the

Buddha are the ultimate antidote for emotional pain. And you don't need to be a Buddhist for them to apply to you. In this short and compact first-aid kit for a broken heart, he walks you through the cause and cure of suffering, with much practical advice for self-care as you work to survive a breakup. The wisdom he presents applies to any kind of emotional suffering.

### **The Four Man Plan**

Celebrating the 1996 discovery of a vast array of Buddhist stone statues - all of which embody Chinese Buddhist history, archaeology, and art, a stunning volume presents thirty-five of these statues, discussing their distinctive characteristics that reveal the extraordinary milestones in the development of stone carving in China during the Northern and Southern Dynasties.

### **When Did the Buddha Live?**

In *The Vein of Gold: A Journey to Your Creative Heart*, Julia Cameron, author of *The Artist's Way*, draws from her remarkable teaching experience to help readers reach out into ever-broadening creative horizons. As in *The Artist's Way*, she combines eloquent essays with playful and imaginative experiential exercises to make *The Vein of Gold* an extraordinary book of learning-through-doing. Inspiring essays on the creative process and more than one hundred engaging and energizing tasks involve the reader in "inner play," leading to authentic growth, renewal,

and healing.

## **Finding Joy**

Studies the impact of recovery programs on individual lives and explains how to adapt the principles of the Twelve-Step process to personal needs.

## **Theravada Buddhism**

In considering medieval illustrated Buddhist manuscripts as sacred objects of cultic innovation, *Receptacle of the Sacred* explores how and why the South Asian Buddhist book-cult has survived for almost two millennia to the present. A book “manuscript” should be understood as a form of sacred space: a temple in microcosm, not only imbued with divine presence but also layered with the memories of many generations of users. Jinah Kim argues that illustrating a manuscript with Buddhist imagery not only empowered it as a three-dimensional sacred object, but also made it a suitable tool for the spiritual transformation of medieval Indian practitioners. Through a detailed historical analysis of Sanskrit colophons on patronage, production, and use of illustrated manuscripts, she suggests that while Buddhism’s disappearance in eastern India was a slow and gradual process, the Buddhist book-cult played an important role in sustaining its identity. In addition, by examining the physical traces left by later Nepalese users and the contemporary ritual use of the book in Nepal, Kim shows how human agency was critical in perpetuating and intensifying the potency of

a manuscript as a sacred object throughout time.

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