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Within the Buddhist tradition we are saying the opposite: actually you are basically good. You are basically wise. You are basically kind. You just need to discover that truth and develop confidence in it.” ? Lodro Rinzler, Walk Like a Buddha: Even if Your Boss Sucks, Your Ex Is Torturing You, and You're Hungover Again

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“ It ’ s easy to be confused when you spot a book called Walk Like a Buddha—does Buddha even walk? But its author, Lodro Rinzler, has practiced Buddhism since he was 11 and might convince you to adopt some of the Buddha ’ s holy moves. Food for thought for

your next stressful subway commute, day at work, or moment at home. ” —Metro New York

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‘Walk Like A Buddha: Even if Your Boss Sucks, Your Ex Is Torturing You, and You’re Hungover Again’ is a real book by @lodrorinzler. This book gathers all of Lodro’s Huffington Post columns, along with much as-yet-unpublished material, to provide a guide to life in a Q&A format that allows you to easily access wisdom for dealing with the myriad challenges of life—traditional challenges ...

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