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Buddha in Your Backpack: Everyday Buddhism for Teens (Paperback)

By Franz Aubrey Metcalf

Ulysses Press, United States, 2002. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book.

Buddha in Your Backpack opens by telling the life story of Buddha in a style any teen will easily identify with--Buddha as a young man questioned who he was and who he wanted, to become. He rebelled against his parents, rejecting the identity they tried to force upon him, and went off in search of himself and the truth. Then the author explores the difficulties of teen life today by relating the concerns raised with him by real teenagers. Using the teen's own words and stories, he shows how their issues echo those faced by Buddha in the opening section. Next, Buddha in Your Backpack describes typical troubles and dilemmas of teen life, applying Buddhist wisdom. Paying special attention to those things that matter, to teens--school, image, identity, sex, friends--the book shows how adopting a Buddhist perspective and applying Buddha's wisdom is easy and can help teenagers be happier and more positive. The next section delves deeper into Buddha's specific teachings. It explains concepts like mindfulness and the importance of wisdom and compassion. It offers some Buddhist practices...



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Reviews

Merely no words to describe. I have got study and i am confident that i am going to planning to go through yet again once again in the foreseeable future. You will like just how the writer compose this publication.

-- Devante Schmitt

Complete guideline! Its this sort of excellent read. I could comprehended every little thing out of this written e publication. Its been designed in an remarkably easy way and it is only right after i finished reading this publication by which really transformed me, affect the way i think.

-- Prof. Shanie Schinner Sr.