


# The Buddha Walks into a Bar...: A Guide to Life for a New Generation

*By Lodro Rinzler*

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This isn't your grandmother's book on meditation. It's about integrating that "spiritual practice" thing into a life that includes beer, sex, and a boss who doesn't understand you. It's about making a difference in yourself and making a difference in your world - whether you've got everything figured out yet or not. Lodro Rinzler is a bright and funny young teacher with a knack for showing how the Buddhist teachings can have a positive impact on every little nook and cranny of your life - whether you're interested in being a Buddhist or not.

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**The Buddha Walks into a Bar...: A Guide to Life for a New Generation By Lodro Rinzler Bibliography**

- Sales Rank: #14346 in Audible
- Published on: 2014-12-09
- Format: Unabridged
- Original language: English
- Running time: 354 minutes

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