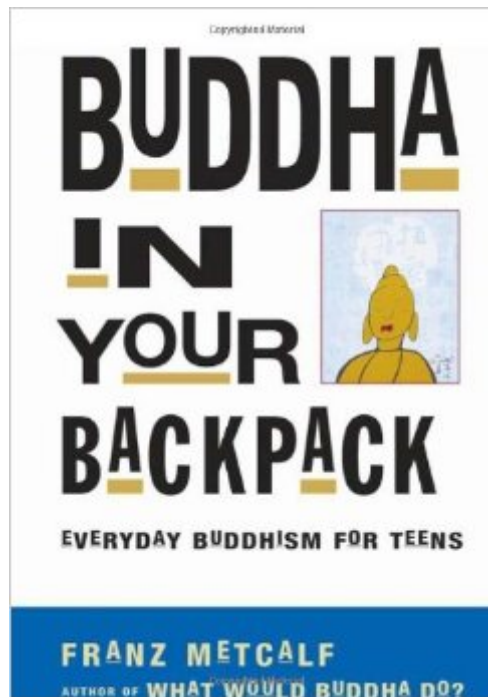


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Buddha In Your Backpack: Everyday Buddhism For Teens



Synopsis

A guide for navigating the teen years, *Buddha in Your Backpack* is for young people who want to learn more about Buddhism or for those who simply want to understand what's going on inside themselves and in the world around them. *Buddha in Your Backpack* tells Buddha's life story in a fashion teens will relate to, describing Buddha as a young rebel not satisfied with the answers of his elders. It then introduces Buddha's core teachings with chapters like 'All About Me' and 'Been There, Why'd I Do That?'. The author presents thoughtful and spiritual insights on school, dating, hanging out, jobs, and other issues of special interest to teens; inviting readers to look inside themselves for answers.

Book Information

Paperback: 244 pages

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Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 14.7 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #111,619 in Books (See Top 100 in Books) #2 in Books > Teens > Religion & Spirituality > Eastern #8 in Books > Children's Books > Religions > Eastern #775 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Out of all the "self-help" or advice books I've purchased or been given over the years, *Buddha in Your Backpack* is the only one I've ever been able to read without cringing, and the first with advice I've tried to apply to my life. The author presents Buddhism not just as a religion but as a set of ideas of which anyone can take advantage. I'm the sort of person who absolutely hates being preached to, whichever religion happens to be doing it, and I'm pleased to report that *Buddha in Your Backpack* does none of that. It doesn't need to - one great advantage of Buddhism is that many of its teachings are so practical that they don't need a justification like "do this or our God will smite you." In fact, there's no pressure in the book to treat Buddha as a god, and not every Buddhist

does so. Besides guidance towards the answers of many Big Questions, and advice for life that anyone can appreciate, there is also guidance on practices such as various forms of meditation. Whether or not this sort of thing appeals to you, there is plenty in the book that can positively influence your thinking and perhaps even provide a bit of hope for an otherwise bleak mind. And the other strength of *Buddha in Your Backpack*? The tone is nearly flawless, something difficult to pull off for an adult author writing for teenagers. I didn't feel either talked down to or that the author was making too much of an effort to be appealing. He's very straightforward - funny, but blunt and sensible on sensitive issues. Again, he doesn't preach, he advises. I'll admit that it's difficult to change one's lifestyle based on the advice of any book, but *Buddha in Your Backpack* is the best motivation I've come across.

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