



The Buddha Walks into the Office: A Guide to Livelihood for a New Generation

Lodro Rinzler



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The question “What do I want to do with my life?” is more difficult to answer for today’s twenty-somethings than it was for their parents—not only do today’s jobs look different, but career paths are altogether less of a sure thing. It’s in this modern context that Lodro Rinzler provides Generation Y with wisdom for approaching the whole issue of livelihood—not only how to find work, but how to bring compassion and meaning into the job once you’ve got it. It’s wisdom from the Buddhist tradition that works for anyone.

The book is divided into three parts: Part One focuses on deciding what you want to do with your life, job-wise and otherwise; Part Two explores how to be beneficial to others, beginning with those at your office and moving out to the world at large; and Part Three shows how to turn even the most difficult work situations into opportunities for awakening. Lodro has a gift for presenting the Buddhist teachings in a way that’s practical, funny, and entertaining, but the book is ultimately quite serious: it’s about using your livelihood to wake up.



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