



Wake Up To Your Life: Discovering the Buddhist Path of Attention

By Ken McLeod

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The key to becoming fully alive and joyful is to develop our natural capacity for attention and to be fully present here and now. In this informative guidebook to practical Buddhism you discover:

- How to live life with equanimity, loving-kindness, compassion, and joy
- How to cut through obsessions with the external world, relationships, harmful emotions, pleasure and power, and self
- Tried-and-true methods for cultivating active attention with your body and mind.

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Wake Up To Your Life: Discovering the Buddhist Path of Attention By Ken McLeod Bibliography

- Sales Rank: #88420 in Books
- Published on: 2002-03-26
- Released on: 2002-03-26
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .77" w x 6.13" l, 1.12 pounds
- Binding: Paperback
- 480 pages

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Editorial Review

From Publishers Weekly

This book's promotional material asserts that author McLeod "is no guru and has no meditation center; rather, he is a life trainer." Perhaps only in contemporary America can this be touted as an advantage for a Buddhist teacher. McLeod, no doubt, is not the least bit bothered by the implications, as he is writing expressly for "Americans in a thoroughly American way." Still, potential readers should not fear that McLeod has shortchanged them on the details of the Buddhist path. He offers very charming stories, unclouded prose, step-by-step meditations, charts and quotes from such varied sources as Bob Dylan, Milarepa, Rumi, Yogi Berra and anonymous Buddhist sayings ("Think of all sentient beings as Buddha, but keep your hand on your wallet"). McLeod delivers a hefty how-to manual that could prove useful to a single soul in the hinterlands or a sophisticated searcher in Los Angeles, where McLeod directs Unfettered Mind, a Buddhist teaching and counseling service. This text's apparent self-help style is somewhat ironic, since McLeod pointedly asks, "Can you do this work on your own?" and immediately responds, "Basically, the answer is no.... We need a teacher," going against the American apotheosis of the individual. Whether he cops to it or not, McLeod has illuminated the path for solitary individuals who want a long-lasting handbook to begin the journey toward wakefulness. (Apr.)Forecast: A five-city West Coast author tour and a February 15 excerpt in *Tricycle: The Buddhist Review* should boost sales of this book, which will have a 25,000-copy print run. Advertising is planned in *PW* and in *Tricycle*.

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Review

"Ken McLeod's eminently practical manual goes straight to the heart of what the Buddha taught." -- --
Stephen Batchelor, author of Buddhism Without Beliefs

"McLeod has illuminated the path for solitary individuals who want a long-lasting handbook to begin the journey toward wakefulness." -- --*Publishers Weekly*

About the Author

Ken McLeod is widely respected as an authentic Tibetan Buddhist teacher who has trained for years with renowned teachers, including his teacher, Kalu Rinpoche. He directs Unfettered Mind, a Buddhist teaching and consulting service in Los Angeles, CA.

Users Review

From reader reviews:

Charles Carter:

Do you have favorite book? If you have, what is your favorite's book? Reserve is very important thing for us to understand everything in the world. Each publication has different aim or maybe goal; it means that publication has different type. Some people sense enjoy to spend their time to read a book. These are reading whatever they consider because their hobby is usually reading a book. Consider the person who don't like

examining a book? Sometime, man or woman feel need book after they found difficult problem or maybe exercise. Well, probably you will need this Wake Up To Your Life: Discovering the Buddhist Path of Attention.

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