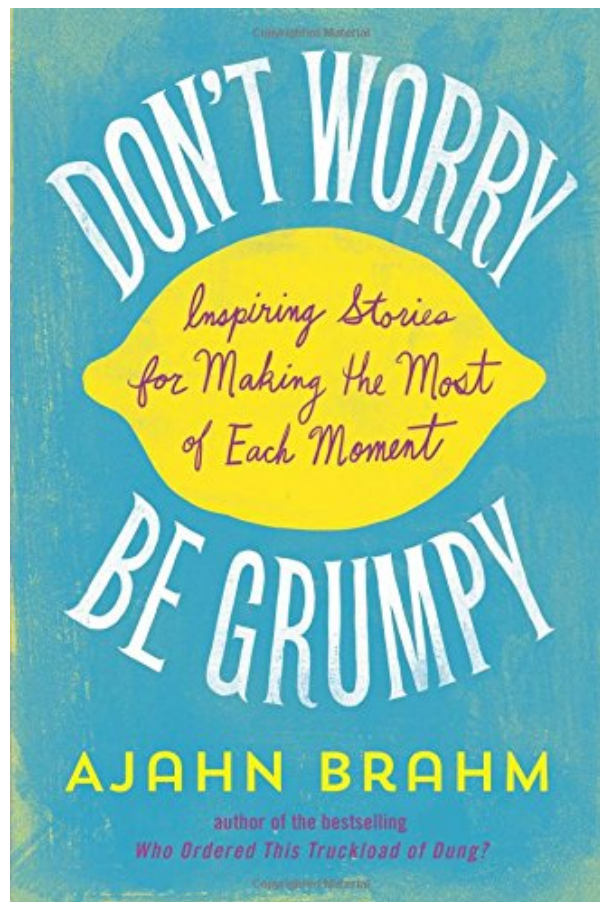
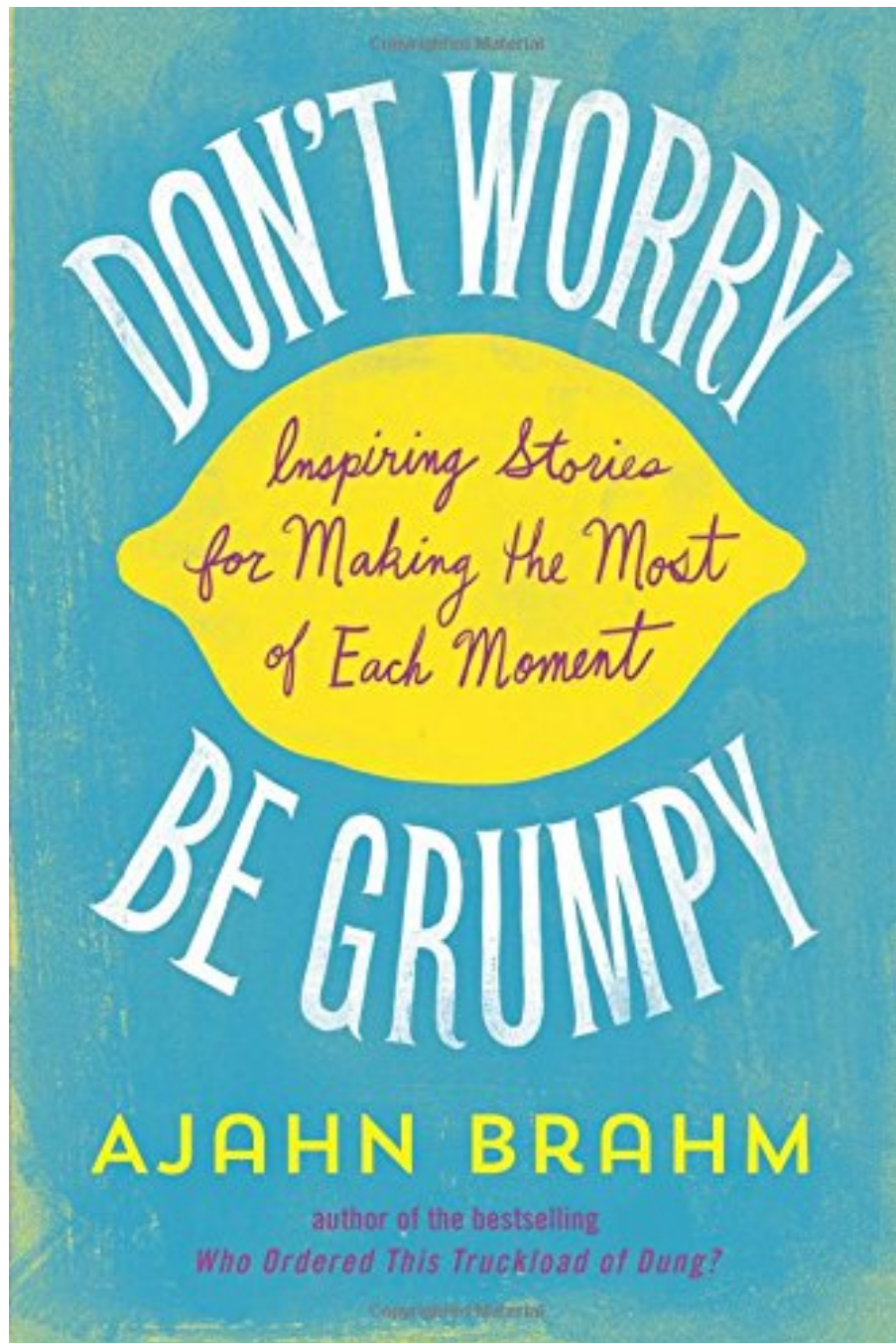


DON'T WORRY, BE GRUMPY: INSPIRING STORIES FOR MAKING THE MOST OF EACH MOMENT BY AJAHN BRAHM



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Review

"I love a book that I can open randomly to any page and know I'll find a valuable teaching. This describes the delightful new book Don't Worry Be Grumpy. With every story, the irrepressible Ajahn Brahm gently challenges our conventional views, giving us a fresh perspective imbued with wisdom and compassion." (Toni Bernhard, author of How to Be Sick)

"If a picture is worth a thousand words, then a good metaphorical story is worth that many more. Ajahn Brahm's latest collection of stories are funny, endearing, and, of course, infused with wisdom." (Arnie Kozak, author of Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness)

"In irreverent and inescapably humorous ways, Ajahn Brahm's Don't Worry, Be Grumpy collection of stories become unforgettable learning experiences." (Jean Smith, author of Life Is Spiritual Practice)

About the Author

After pursuing a degree in theoretical physics from Cambridge University, Ajahn Brahm, born in London as Peter Betts, headed off to a forest monastery in Thailand, where he studied under the famed meditation master Ajahn Chah for nine years starting in the mid 1970s. A Buddhist monk for over thirty years, he is now the abbot and spiritual director of the Buddhist Society of Western Australia in Perth, and he is in demand worldwide both as a spiritual teacher and as a popular speaker. He is the author of Who Ordered This Truckload of Dung?, The Art of Disappearing, and Mindfulness, Bliss, and Beyond.

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Laugh aloud even as you look at life anew with these stories from the bestselling author of *Who Ordered This Truckload of Dung?*

In 108 brief stories with titles like "The Bad Elephant," "Girlfriend Power," and "The Happiness License," Ajahn Brahm offers up more timeless wisdom that will speak to people from all walks of life. Drawing from his own experiences, stories shared by his students, and old chestnuts that he delivers with a fresh twist, Ajahn Brahm shows he knows his way around the humorous parable, delighting even as he surprises us with unexpected depth and inspiration.

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"If a picture is worth a thousand words, then a good metaphorical story is worth that many more. Ajahn Brahm's latest collection of stories are funny, endearing, and, of course, infused with wisdom." (Arnie Kozak, author of *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness*)

"In irreverent and inescapably humorous ways, Ajahn Brahm's *Don't Worry, Be Grumpy* collection of stories become unforgettable learning experiences." (Jean Smith, author of *Life Is Spiritual Practice*)

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Most helpful customer reviews

9 of 10 people found the following review helpful.

it is often funny, and sometimes ridiculous

By A. Jacobson

From the mind of a Buddhist monk. It is an alternate way to look at the world around you. Told in 108 short stories, it is often funny, and sometimes ridiculous. I recommend for anyone looking for a quick read to lighten the mood.

I received a free copy in exchange for an honest review

3 of 3 people found the following review helpful.

Depressed NO LONGER

By Old Movie Buff

An absolutely fabulous book. If you need a pick-me-up with short stories and a laugh, this is your book. I have since ordered three more of this wonderful Monk's books.

2 of 2 people found the following review helpful.

A Fun, Joyous & Heart-Changing Ride!!!

By Michael Sandler Inspire Nation Host

Such a beautiful book, and such a joyous spirit!

Full Disclosure: I recently interviewed Ajahn Brahm for our Inspire Nation Show...I think he broke the laughter-per-minute quota!!!

What an amazing soul, and he shares fantastic story after story after story to help us 'get it'...and it's hard not to after reading his book. It's a treatise for life, wrapped up in short, bite-size, entertaining stories. Each one is it's own fortune cookie telling it's own tale, and it's own lesson.

It's hard not to get sucked into the stories, and then reflect them back to our own lives...which is exactly the point. He helps us realize the grandeur, the beauty, the silliness, the ease, and the difficulty that is all around us, and helps us learn how to let it all go, and to simply be in the moment.

In that sense, Don't Worry, Be Grumpy is a very powerful tool, wrapped up with a smile.

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