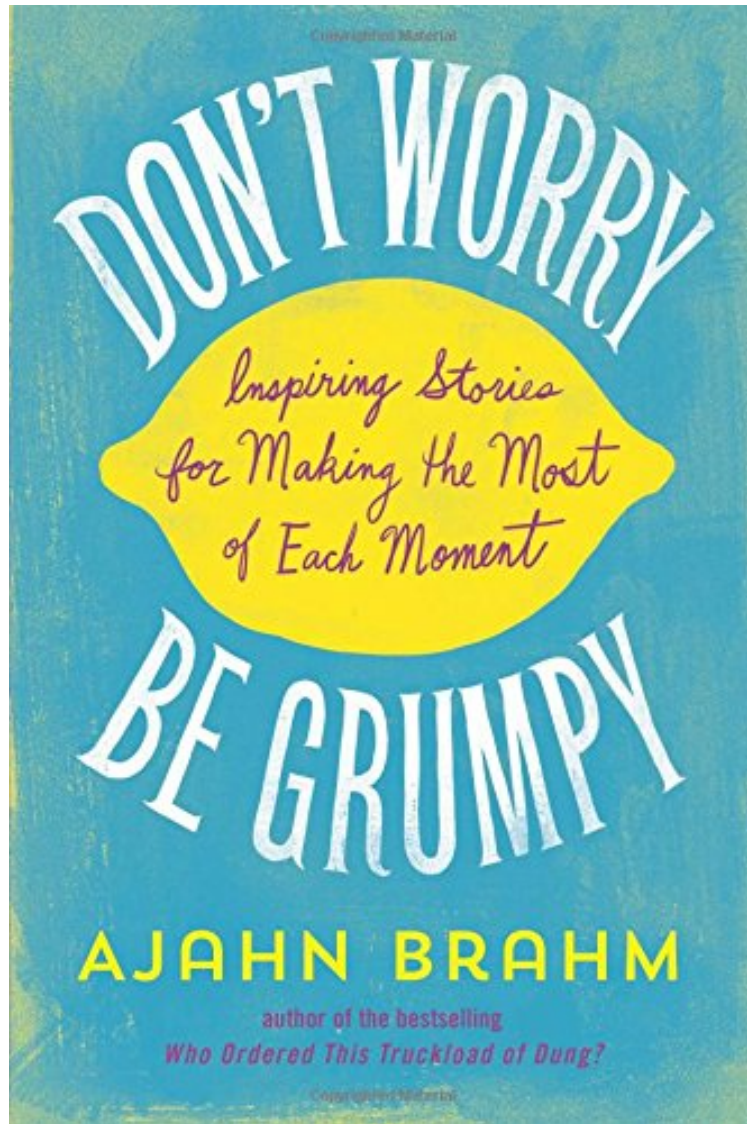


Don't Worry, Be Grumpy: Inspiring Stories for Making the Most of Each Moment

Ajahn Brahm

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Ajahn Brahm : Don't Worry, Be Grumpy: Inspiring Stories for Making the Most of Each Moment before purchasing it in order to gage whether or not it would be worth my time, and all praised Don't Worry, Be Grumpy: Inspiring Stories for Making the Most of Each Moment:

7 of 7 people found the following review helpful. A Fun, Joyous Heart-Changing Ride!!!By Michael Sandler Inspire Nation HostSuch 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.0 of 0 people found the following review helpful. Good chapters outnumber the awful chaptersBy MarkI found myself slowing down my reading pace as I neared the end, which is always the sign of a good book, and yet there were parts I really disliked. It's a collection of short essay stories — some real, most updated retellings of Buddhist tales — like Ajahn Brahm's book "Who Ordered This Truckload of Dung." His teachings have always had outdated gender attitudes, which I've generally put down to his age and isolation as a monk. Yet he has one story about a nagging wife and another where he talks about how lowered expectations can make life easier and uses the example of marrying an ugly wife so you don't have to worry about her being seduced away. Ugh. There's also a powerful (and true) story where he gives radical advice to a woman who has been devastated by a rape. In one of his live podcast talks, he told this story and it irked me, but there are added details in this version that make it much more meaningful. Anyway, the thoughtful and thought-provoking stories outnumber the head-shaking ones so I personally was glad I read it but others may not be so forgiving. Excerpt: "I don't expect to be perfect. In fact, I like making mistakes. Because when I tell my friends about the stupid things that I have done, it makes them laugh. My stupidity increases the happiness in the world." Grade: B5 of 5 people found the following review helpful. Depressed NO LONGERBy Old Movie BuffAn 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.

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.

"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 AuthorAfter 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.