



Buddhist Boot Camp

By Timber Hawkeye

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Buddhism is all about training the mind, and boot camp is an ideal training method for this generation's short attention span. The chapters in this small book can be read in any order, and are simple and easy to understand. Each story, inspirational quote, and teaching offers mindfulness-enhancing techniques that anyone can relate to. You don't need to be a Buddhist to find the Buddha's teachings motivational. As the Dalai Lama says, "Don't try to use what you learn from Buddhism to be a Buddhist; use it to be a better whatever-you-already-are."

So whether it's Mother Teresa's acts of charity, Gandhi's perseverance, or your aunt Betty's calm demeanor, as long as you're motivated to be better today than you were yesterday, it doesn't matter who inspires you. Regardless of religion, geographical region, race, ethnicity, color, gender, sexual orientation, age, ability, flexibility, or vulnerability, if you do good you feel good, and if you do bad you feel bad.

Buddhism isn't just about meditating. It's about rolling up your sleeves to relieve some of the suffering in the world. If you are ready to be a soldier of peace in the army of love, welcome to Buddhist Boot Camp!

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Editorial Review

Review

Buddhist Boot Camp transforms you into a better, kinder you! --Compass Books

Timber's intention to heal comes through on every page of Buddhist Boot Camp --Samadhi Yoga

From the Author

Buddhist Boot Camp is a simple collection of my one-page journal entries and personal letters to friends over the course of a few years.

Almost ten years ago, when I left the corporate world and moved to Hawaii, I started emailing my friends and family every a month to let them know what's going on in my life. About eight years later, my friend Kim suggested that I share those emails on a blog (simply because she found the letters inspirational, and she figured that other people would benefit from reading them as well), and that's how Buddhist Boot Camp was born!

As it turns out, Kim was right! Many people found the simple message in those emails refreshing, inspirational, and (even more importantly), motivational.

I say that motivation is more important because inspiration without action is just entertainment, and my invitation in the book is to go beyond thinking that something is a "good idea" to actually implementing it into our daily lives. It's not about Buddhism (so if you're looking for a scholarly study of its philosophy, this isn't the book for you). The invitation is to be Buddha-like or Christ-like, not to be labeled as "Buddhist" or "Christian".

Each story, inspirational quote and teaching offers mindfulness-enhancing techniques that anyone can relate to, reinforcing what we intuitively already know but have somehow forgotten. Buddhism is all about training the mind, and boot camp is an ideal training method for this generation's short attention span.

Thank you for being a soldier of peace in the army of love,
Your brother,
Timber H.

From the Inside Flap

To make a long story short...

I sat there in front of the Tibetan Lama, wearing my maroon robes after years of studying Buddhism and said, "With all due respect, I don't believe the Buddha ever intended for his teachings to get THIS complicated!"

My teacher looked around at all the statues of deities with multiple arms and chuckled, "The Buddha didn't do this! The Tibetan culture did; this is their way. Why don't you try Zen? I think you'd like it!"

So I bowed-out of the temple, took off my robes, and moved into a Zen monastery far from home. Zen was simpler; that much was true (the walls were blank and I loved it), but the teachings were still filled with all the dogma that sent me running from religion in the first place.

There are many incredible books out there that cover all aspects of religion, philosophy, psychology and physics, but I was looking for something less "academic", so to speak. I was looking for something inspirational that people today would not only have the attention span to read all the way through, but actually understand and also implement in their daily lives. I pictured a simple guide to being happy, and in it just two words: "Be Grateful."

Gratitude has a way of turning what we have into enough, and that is the basic idea behind Buddhist Boot Camp. The short chapters convey everything I have learned over the years in a way that is easy to understand, without you needing to know anything about Buddhism ahead of time. In-fact, the book isn't about being a Buddhist at all; it's about being a Buddha!

To all of you soldiers of peace in the army of love, welcome to Buddhist Boot Camp!

Your brother,
Timber Hawkeye

Users Review

From reader reviews:

Lorenzo Davis:

Book is actually written, printed, or highlighted for everything. You can know everything you want by a guide. Book has a different type. To be sure that book is important issue to bring us around the world. Adjacent to that you can your reading expertise was fluently. A publication Buddhist Boot Camp will make you to be smarter. You can feel more confidence if you can know about every little thing. But some of you think this open or reading any book make you bored. It's not make you fun. Why they could be thought like that? Have you in search of best book or acceptable book with you?

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