



## Why I am a Buddhist: No-nonsense Buddhism with Red Meat and Whiskey

By Stephen T. Asma

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Why I am a Buddhist: No-nonsense Buddhism with Red Meat and Whiskey, Stephen T. Asma, Many books in recent years have made the case for Buddhism. What makes this one fresh and exciting is Stephen Asma's iconoclasm, irreverence, and hard-headed approach to the subject. He is distressed that much of what passes for Buddhism is really little more than 'New Age mush'. He asserts that it is time to 'take the California out of Buddhism'. He presents a spiritual practice that does not require a belief in creeds or dogma - a practice that is psychologically sound, intellectually credible and aesthetically appealing. It is a practice that does not require a diet of brown rice, burning incense, and putting both your mind and your culture in deep storage. In seven chapters, Asma builds the case for a spiritual discipline that is authentic and inclusive. This is Buddhism for everyone, especially for people who are uncomfortable with religion but yearn for a spiritual compass. The author writes: 'I try to apply the Buddha's teachings to our current Western life-style, including the challenges of work-life, love-life, consumerism, and the search for meaning.'

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