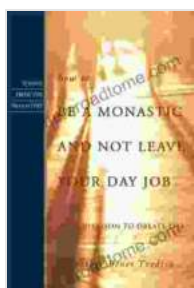


How To Be Monastic And Not Leave Your Day Job: The Ultimate Guide To Inner Peace And Fulfillment

Are you feeling lost, unfulfilled, and disconnected from your true self? Do you long for a life of purpose, meaning, and inner peace? If so, then this book is for you.



How to be a Monastic and Not Leave Your Day Job: An Invitation to Oblate Life (Voices from the Monastery)

by Barney Hoskyns

★★★★☆ 4.4 out of 5

Language : English
File size : 313 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 148 pages
Lending : Enabled



In *How To Be Monastic and Not Leave Your Day Job*, author and spiritual teacher Brad Warner shares his unique insights into how to live a monastic life while still living in the world. Drawing on his own experiences as a Zen monk, Warner offers practical advice and exercises that can help you cultivate inner peace, mindfulness, and compassion in your daily life.

This book is not about escaping from the world. It is about finding peace and fulfillment in the midst of the chaos. It is about learning to live a life of purpose and meaning, even when you are surrounded by distractions and temptations.

If you are ready to embark on a journey of self-discovery and transformation, then this book is for you. *How To Be Monastic and Not Leave Your Day Job* will help you find the inner peace and fulfillment you have been searching for.

What You Will Learn In This Book

- How to cultivate inner peace and mindfulness in your daily life
- How to develop compassion for yourself and others
- How to find meaning and purpose in your work and relationships
- How to live a life of simplicity and non-attachment
- How to connect with your true self and live a life of authenticity

About the Author

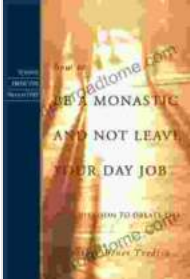
Brad Warner is a Zen monk, author, and speaker. He is the author of several books, including *Hardcore Zen*, *Sit Down and Shut Up*, and *Sex, Sin, and Zen*. Warner is known for his irreverent and humorous approach to Buddhism, and he has been featured in numerous publications, including *The New York Times*, *The Washington Post*, and *Time* magazine.

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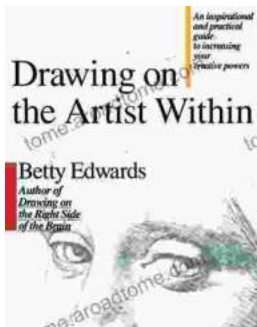


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