



The Big Bamboozle: How We Are Conned Out of the Life We Want

Cheri Huber, Ashwini Narayanan

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Zen techniques, from a renowned Zen teacher, to derive greater satisfaction from life

Are you making choices that are supposed to give you what you want but leave you feeling unfulfilled and disappointed? This new book is based on the Buddha's teachings and the practice of Zen, and breaks down the structures of this karmic process. Written in a humorous and lighthearted style, it illustrates through essays, stories, and examples what keeps us from choosing well-being, love, happiness, and joy as our life experience. In addition, the book contains a calendar of practical exercises and nuggets of wisdom from those who have practiced with these teachings.

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