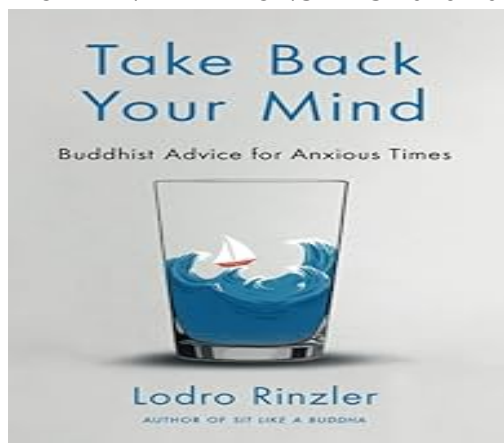


Take Back Your Mind: Buddhist Advice for Anxious Times By Lodro Rinzler Best selling author and long time Buddhist meditation teacher Lodro Rinzler shows us how to work with the mind so that we don't hold ourselves in a state of stress and learn to relax into and appreciate our world once . You'll find yourself coming back to these pages over and over again! Sharon Salzberg author of LOVING KINDNESS and REAL CHANGE encourage you to connect with these conversations that give clear instructions in meditation practice suitable for all levels. These accessible meditations beautifully balance Buddhist philosophy with modern values and will be helpful to anyone interested in discovering and integrating mindfulness and serenity into your life. In this critical juncture in the world we need to help ourselves while helping one another and through meditation cultivate the energy and inner strength of peace and compassion to benefit one another. It is an introduction to the Buddhist path as a way of becoming fully human awake and capable of loving yourself others and life than you ever thought possible including all your brilliance and confusion. - Susan Piver meditation teacher and author of THE FOUR NOBLE TRUTHS OF LOVE: BUDDHIST WISDOM FOR MODERN RELATIONSHIPS Take Back Your Mind: Buddhist Advice for Anxious Times



Lodro Rinzler is the award winning author of seven books: The Buddha Walks into a Bar; Walk Like a Buddha; The Buddha Walks into the Office; Sit Like a Buddha; How to Love Yourself (And Sometimes Other People); Love Hurts; and Take Back Your Mind as well as the cofounder of MNDFL Meditation. He has taught meditation for twenty years in the Buddhist tradition and travels frequently for his books having spoken across the world at conferences universities and businesses as diverse as Google Harvard University and the White House. As Founder and Executive Director of the Institute for Compassionate Leadership in New York Lodro built an organization charged with coaching and mentoring entrants as part of a full educational experience. It was a decent read but... my problem is that the author is an alleged sex offender and from what I can tell there are some problems around how he faced the harm that he committed.

If you are reading this than you're likely plagued with anxiety. You can train the mind to feel contentment peace and joy—even in the midst of difficult circumstances, What you hold is a guidebook with practical and easy to implement steps for how to take back your mind: Please note that author proceeds will be offered to Feeding America food banks and The Loveland Foundation offering therapeutic support to black and brown women, Lodro Rinzler has delivered a book with real dialogue and straight talk about stress and anxiety, TAKE BACK YOUR MIND is a relatable guide to help us recognize the innate goodness that rests inside each one of us and develop trust in the true experience of our lives, This book will give you a fresh view of your meditation experience and how to bridge it into your daily life: Dza Kilung Rinpoche author of THE RELAXED MIND Lodro Rinzler's newest book purports to be a timely guide for working with anxiety—and it is. Dubbed "the cool kid's Buddhist" by The Boston Phoenix Rinzler's work has been featured in The New York Times The Wall Street Journal The Atlantic FOX CBS and NBC: A graduate of Wesleyan University Lodro Rinzler founded the school's Buddhist House while studying at the famed liberal arts school. A haven among the sometimes frantic undergraduate world the 18 person meditation dorm was an early staging area for a career spent sharing in the possibilities of mindfulness, Taking charge in

establishing this collegiate safe haven was an early execution of Lodro's lifelong mission with many still to come: After college Lodro began leading meditation practices in Boston and around the country traveling frequently to better share his experience with a wider audience. With an eye on equipping a generation for thoughtful problem solving he was well positioned to help inspire with the meaningful message of the Buddha: To Lodro Rinzler suffering and anxiety can be conquered in any mind as long as it is opened to the possibility, He lives in upstate New York with his wife Adreanna and a menagerie of small animals: I learned about Lodro Rinzler's background by looking Take Back Your Mind: Buddhist Advice for Anxious Times.

. The good news is that you don't have to be. You can live a life without so much anxiety and stress. However it is far . He can be found at lodrorinzler.com and @lodrorinzler. My friend introduced me to this book