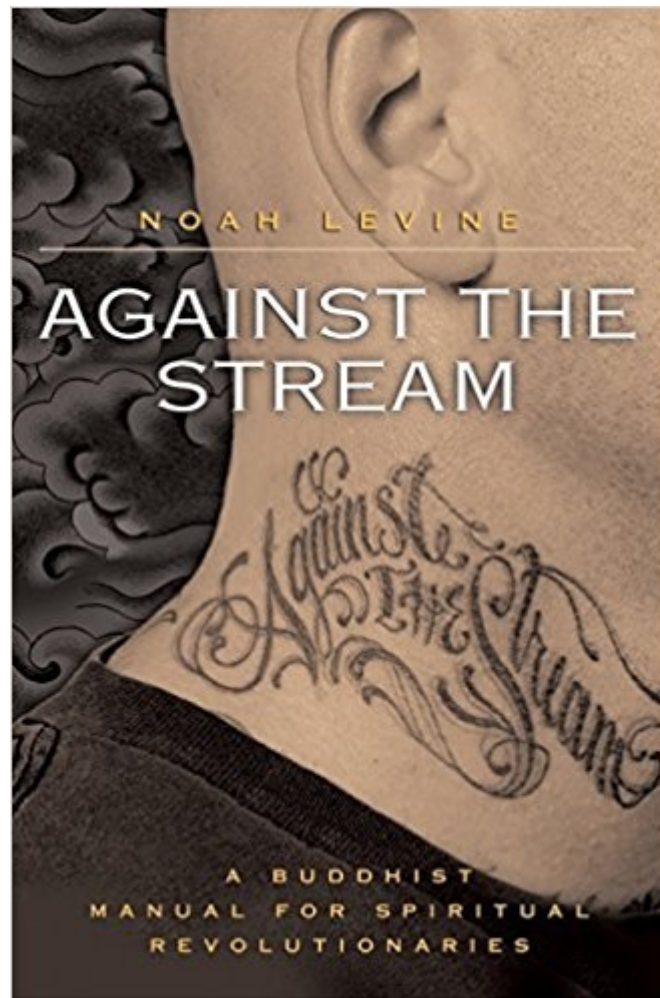




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# Against The Stream: A Buddhist Manual For Spiritual Revolutionaries



## Synopsis

Buddha was a revolutionary. His practice was subversive; his message, seditious. His enlightened point of view went against the norms of his day—â€”in his words, "against the stream." His teachings changed the world, and now they can change you too. Presenting the basics of Buddhism with personal anecdotes, exercises, and guided meditations, bestselling author Noah Levine guides the reader along a spiritual path that has led to freedom from suffering and has saved lives for 2,500 years. Levine should know. Buddhist meditation saved him from a life of addiction and crime. He went on to counsel and teach countless others the Buddhist way to freedom, and here he shares those life-changing lessons with you. Read and awaken to a new and better life.

## Book Information

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## Customer Reviews

Levine's first book, *Dharma Punx*, was the autobiography of a young hell-raiser. Having escaped juvenile hall and drug addiction through the slow discipline of Buddhist practices, the son of Buddhist author Stephen Levine is now a spiritual teacher. In this book he presents what he has learned about and through Buddhism. The compelling personal narrative may be gone, but the disarming, frank tone that made the first book persuasive remains. He writes about the challenge of celibacy, for example, a different kind of difficulty than that posed by intimate relationships. Levine has taken the Buddha's teachings to heart—he would call it heart-mind—and clearly returns to such central ideas as impermanence and suffering, giving his thinking simplicity and consistency. Considering there's a lot of Buddhism here, the book is free of a lot of Buddhist-speak. An appendix includes to-the-point instructions for a variety of meditations that relate to essential

Buddhist qualities and ideas. Levine's no-frills approach makes this a short book that will be accessible for young adults with little or no experience of Buddhism. Whether the book is about a revolutionary way of life is arguable, but it is an honest book—what Buddhists would call right speech—driven by right intention. (July) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Free of Buddhist-speak, with to-the-point instructions, Levine's no-frills approach makes this book accessible for young adults. (Publishers Weekly) "An honest, fearless sequel... this is one to thumb through again and again." (Mandala magazine)

Wonderful take on buddhism that is both accessible and informational with practical instructions on many varieties of meditation. This take on buddhism focuses within the context of addiction.

A definite must read for those interested in Buddhism and living spiritually. Levine breaks down Buddhist concepts in concise and relatable terms. Explains how to apply these principles in our relations in society at large as well as within ourselves. Even outlines meditative techniques. I adore this book!

Noah Levine is a great source for an introduction to Buddhist principles and how they can relate to those coming from subcultures on the fringe of society. A great start for anyone though who is interested in the path.

Great stuff...learning a lot...thnx

Noah Levine is an amazing author and teacher and this book offers wonderful insight into Buddhism

I have my book, and it is in very good condition!! It is in very good condition. Very little wear around the spine. Also Noah Levine has a very good YouTube channel for anyone who reads and enjoys this book.

A must read for anyone interested in an alternative path to sobriety.

Initially stumbled on the book and rented from library. It was so good I had to buy it. Would

recommend for anyone seeking spiritual guidance.

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