

Book suggestions for Pema Book Group – Spring 2019

Cast your vote by April 17 by email to martinf@efni.com or in person at the April 19 Pema meeting.

Book title (in alphabetic order)	Author	Suggested by	Suggester's pitch, and/or online description	Price at Amazon.ca	Link to it on Amazon.ca
<p>Nothing Special: Living Zen</p> <p>2009 edition</p>	Charlotte Joko Beck	Peggy Walsh Craig	<p>Online review says: <i>Nothing Special</i> is indeed something very special. You don't have to be a student of Zen or Buddhism of any sort to enjoy and learn from this book. Beck, with her pleasant style that feels like she wrote the book just for you, has much to teach. And yet at the same time, very little to teach, as it is all so simple in the end. This book will give you lots to think about. The stories, the experiences, the questions and answers. Shows how to awaken to daily life and discover the ideal in the everyday, finding riches in our feelings, relationships, and work. 'Nothing Special' offers the rare and delightful experience of learning in the authentic Buddhist tradition with a wonderfully contemporary Western master. Charlotte Joko Beck, who passed away in 2011, was the founder and former head teacher at the Zen Center in San Diego. This teacher was quoted twice by Pema Chodron in <i>The Places That Scare You</i>.</p>	About \$18.50 for paperback	<p>Amazon: https://amzn.to/2KiNOe2</p> <p>Indigo: https://bit.ly/2UnDczq</p>
<p>What the Buddha Taught</p> <p>1998 edition (this seems to be the most recent). Paperback.</p>	Walpola Rahula	Karin Robertson and Damian MacSeáin both suggest this book; (Damian for the second time)	<p>Karin says: My choice of book for the PEMA Group is What the Buddha Taught by Walpola Rahula. When I think about the books the group has read, I realize we have never studied anything in quite this way: a comprehensive coverage of the Buddha's teachings including texts of the Suttas and Dhammapada. Topics covered are the Four Noble Truths, No-Self, Meditation, and more. Lots of food for thought and topics for discussion in the context of our past studies--a good place to start, too.</p> <p>Damian says: "It's a much lauded and comprehensive overview of Shakyamuni Buddha's</p>	\$18.20 for paperback	https://amzn.to/2UEQtCQ

			<p>core teachings, as shared by one trained in the Theravada tradition. This may prove refreshing, and definitely instructive. Strong and deep foundation in the original teachings of the actual Buddha.”</p> <p>Sources online say: This comprehensive, compact, lucid, and faithful account of the Buddha's teachings persistently enjoys great popularity in colleges, universities, and theological schools both here and abroad. 'An exposition of Buddhism conceived in a resolutely modern spirit.'-from the Foreword.</p>		
<p>Wherever You Go, There You Are</p> <p>2005 edition</p>	Jon Kabat-Zinn	Peggy Walsh Craig	<p>Peggy says (paraphrased from online reviews): At some point in your life, you may begin to wonder, "Will things always be this way?" So rushed, with barely a moment to call your own, and current events that swirl around you often reflecting the worst side of humanity. So lost in to-do lists that you barely know where they stop and you start. Or have you thought, "Will I always be this way?" Maybe anxious or irritated, perhaps distracted, or beginning to feel isolated from those around you - even from your loved ones? This book explains that living each moment fully (and what that phrase means) can bring you back to yourself, and to a peaceful yet connected stillness that ultimately enriches your life. It describes the discipline and detached self observation required to achieve it. I found this book to best read in small sections. The chapters are short and you can just pick it up and read a chapter from the middle if you need a little something, and you'll have a fresh, happy brain. Or read it cover to cover and then read it again. Published in 1994 & a huge bestseller by the founder and former director of the Stress Reduction Clinic at the University of Massachusetts Medical</p>	\$20 for paperback	<p>Amazon: https://amzn.to/2U6MYke</p> <p>Indigo: https://bit.ly/2Gba4Ta</p>

			Center, where Mindfulness Meditation first became popularized.			
Last year's suggestions (summer 2018), in alphabetic order						
Being Your Self 2014, paperback	Mike George	Hilda MacLean	Hilda says: "Excellent read." A description on Amazon says: "It's not easy to BE your self in a world where almost everyone wants you to be someone else! Even friends and colleagues often want you to be their version of you! We are surrounded and ambushed every day by a thousand images and voices calling us to invest our identity in their product, their brand, their label, their service. [...] Mike George explores and explains: how you can liberate your self from ego, the 'false you', and rediscover the 'real you'; how to let go of the attachments that are holding you back; why fear, anger and sadness sabotage your happiness so frequently and the ways to liberate your self from this emotional suffering; how to align with the spiritual laws of consciousness, renew your 'soul energy' and be free of stress; how to choose your feelings anywhere and anytime; how to realise and see what's IN the way IS the way."	\$7.87 for paperback	https://amzn.to/2KZcGXj	
Buddhism Plain and Simple 2013 edition, hardcover (the 2013 edition is specified by Georges in his suggestion; there is also a new edition, from Nov 2018, but ships from a third party in the UK, not in stock at Amazon.ca)	Steve Hagen	Georges Kristolaitis	Georges says: "An easy-to-read book with great material for personal reflection and group discussion. The book presents the key teachings of the Buddha with an emphasis on how these may enrich our everyday living. True to his American and Zen roots, the author places value on examining immediate experience. Just enough anecdote to illustrate the gems presented."	\$19.51 for hardcover	https://amzn.to/2ulkA3e	
Cutting Through Spiritual Materialism	Chogyam Trungpa	Doreen Bellaire	Doreen provides this quote: "In this modern spiritual classic, the Tibetan meditation master Chogyam Trungpa highlights a common pitfall to	\$17.77 for paperback	https://amzn.to/2unYblw	

Revised 2002 edition, paperback.			which every aspirant on the spiritual path falls prey: what he calls spiritual materialism. The universal human tendency, he shows, is to see spirituality as a process of self-improvement- the impulse to develop and refine the ego when the ego is, by nature, essentially empty. "The problem," Trungpa says, " is that ego can convert anything to its own use, even spirituality." His incisive, compassionate teachings serve to wake us up from this trick we all play on ourselves, and to offer us a far brighter reality: the true and joyous liberation that inevitably involves letting go of the self rather than working to improve it. It is a message that has resonated with students for over thirty years and remains as fresh as ever today."		
This Precious Life: Tibetan Buddhist Teachings on the Path to Enlightenment 2005 edition, paperback.	Khandro Rinpoche	Karin Robertson	Karin says: "Jetsun Khandro Rinpoche is the teacher of one of our teachers, Samten Chodron. Khandro Rinpoche is a 50-year-old Tibetan lama born in India who divides her time between East and West." Karin provides this quote from the back cover: "Using the traditional Tibetan Buddhist framework of the Four Reminders--the preciousness of human birth, the truth of impermanence, the reality of suffering, and the inescapability of karma--Khandro Rinpoche, one of the most highly trained living Tibetan masters, explains how we can all use this short life to pursue the spiritual path. With the use of contemplative exercises she focuses on how we can learn to see this life as a gift--and how, by achieving peace ourselves, we can bring a seed of happiness to other people."	\$23.03 for paperback	https://amzn.to/2un58U2
What the Buddha Taught	Walpola Rahula	Damian MacSeáin	See Damian's current new submission of this suggestion on page 1 of this list.	\$18.20 for paperback	https://amzn.to/2UEQtCQ