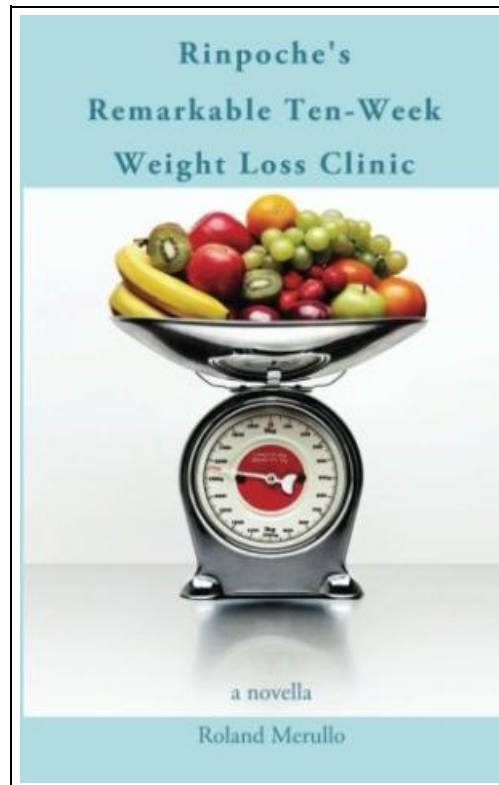


Rinpoches Remarkable Ten-Week Weight Loss Clinic



Filesize: 5.5 MB

Reviews

*Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.
(Felicia Nikolaus)*

RINPOCHES REMARKABLE TEN-WEEK WEIGHT LOSS CLINIC

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PFP. Paperback. Condition: New. 84 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Rinpoches Remarkable Ten-Week Weight Loss Clinic brings back two main characters from Roland Merullo's beloved Buddha Trilogy (Breakfast, Lunch, and Dinner with Buddha). This time, though, instead of cruising the American road together, Otto Ringling and Volya Rinpoche are part of the famous meditation masters offbeat weight loss clinic, held over the course of ten Saturdays in a New York City yoga studio. These characters have been alive in my imagination for a decade now, Merullo says, and I just had the sense that Rinpoche, out of his deep compassion, would try to do something about America's obesity epidemic. I've also been fascinated for a long time by the way addiction works—whether its addiction to food, drugs, alcohol, sex, work, or anything else—the way it occupies the mind and moves us to do things we know we would be better off not doing. I've always wondered what advice Rinpoche would give on the subject. Known across twenty books, scores of essays, and twenty-five years of publishing for being willing to try his hand at an unusually wide variety of themes, subjects, and genres, here Merullo works for the first time in the novella form, putting together a deft, moving, and tightly compressed tale that includes his trademark mix of spiritual inquiry and ordinary human emotions. This story is about the challenge of losing weight, yes, the author says, but there's a twist to it at the end, and that opens into a wider territory. I tried to approach it with a full appreciation for the difficulty of breaking old habits, and I gave up a beloved food myself for ten weeks, just to keep things honest. While it does not promise to help readers with their troublesome eating habits or other...

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