



Wisdom



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presents

Summer/Fall 2015

Catalog for the Trade



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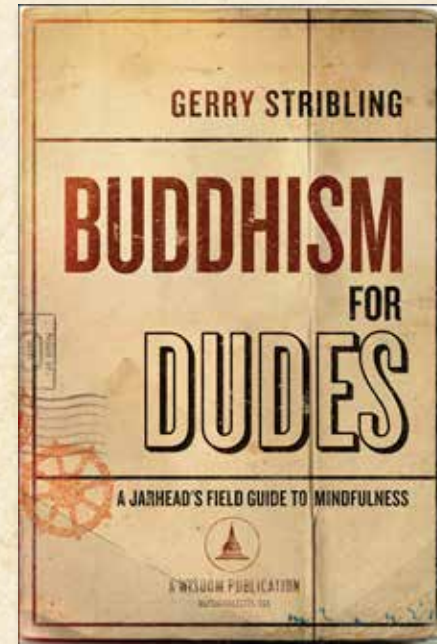
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Thank you, and enjoy!



BUDDHISM FOR DUDES

A Jarhead's Field Guide to Mindfulness

Gerry Stribling
August 2015 | \$14.95
144 pages | 4.5x6.5"
9781614292296

Buddhist basic training for the average Joe.

In *Buddhism for Dudes*, Gerry "Strib" Stribling, former Marine and all-

around good guy, answers questions on life and living with a healthy dose of Buddhist wisdom, looking at meditation, karma, who the Buddha was, and more. With good humor and without sentimentalism, he explains these down-to-earth insights in everyday language.

Gerry Stribling was born into a military family and served in the Marine Corps in the 1960s and early 1970s. Since 1991 he has worked as a case manager for disabled, impoverished, homeless, and criminal populations. Stribling and his wife make their home in Louisville, Kentucky.



FREEDOM FROM ANGER

Understanding It, Overcoming It, and Finding Joy

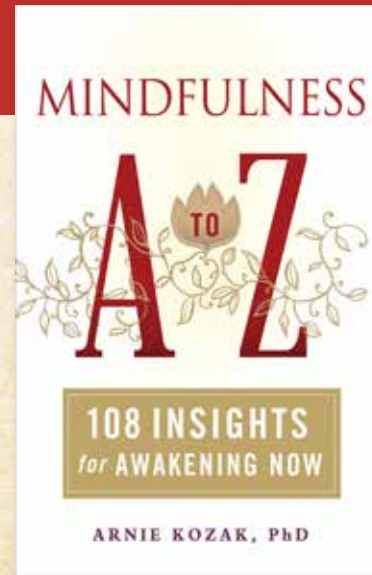
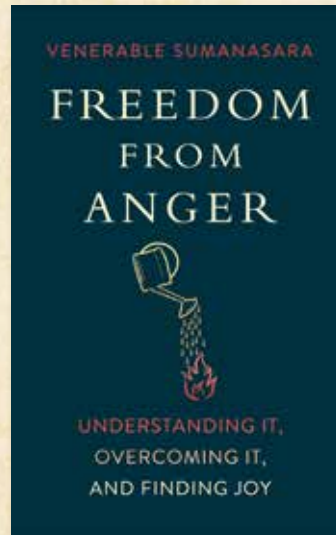
Venerable Sumanasara

June 2015 | \$16.95 | 144 pages
5x8" | 9781614292241

Extinguish anger forever and find true happiness with this step-by-step guide.

This timely book offers practical advice on how to put aside anger and ego and embrace laughter and reason. Like a friendly family physician, Venerable Sumanasara helps you see what triggers your anger, what affect it has on you, and what you can do about it. In short, bite-sized chapters, he offers wisdom, along with a laugh, that anyone can use.

Born and trained as a monk in Sri Lanka, **Ven. Alubomulle Sumanasara** is a teacher and bestselling author now based in Tokyo. He is widely known and beloved for his teachings and writings on the practical application of Buddhist thought.



MINDFULNESS A TO Z

108 Insights for Awakening Now

Arnie Kozak, PhD

September 2015 | \$16.95
240 pages | 9781614290575

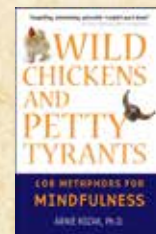
A sweeping field guide to the practice of mindfulness.

From "acceptance" to "zafu", *Mindfulness A to Z* offers a wealth

of inspirational advice and practical instruction on how to bring mindfulness fully into your life. In each entry, Dr. Kozak combines his personal insights and expert guidance on all aspects of mindfulness meditation.

Whether you devour the whole book in one sitting or read an entry a day, *Mindfulness A to Z* is a great resource for building better practices in daily life.

Arnie Kozak is the founder of Exquisite Mind, a mindfulness-based consultation service for individuals and corporations. He was also a clinical fellow in psychology at the Harvard Medical School, where he completed his doctoral training. He lives in Burlington, Vermont.



Also by Arnie Kozak

Wild Chickens and Petty Tyrants

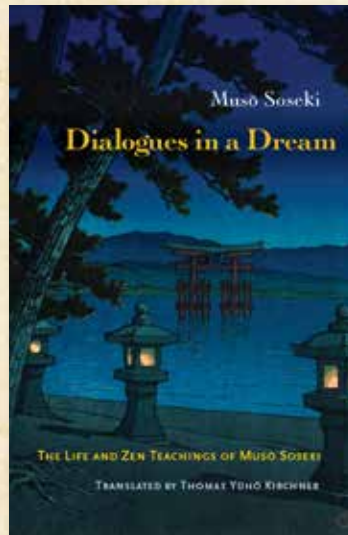
240 pages | \$14.95
9780861715763



DIALOGUES IN A DREAM

The Life and Zen Teachings of Muso Soseki

Muso Soseki
Translated by Thomas Yuho Kirchner
June 2015 | \$22.95 | 448 pages
9781614292531



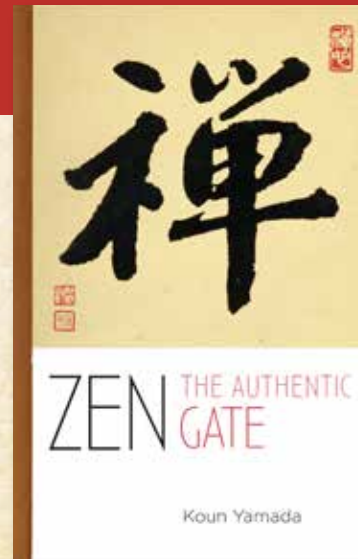
One of the most famous masters in the history of Zen leads us on a grand tour of Buddhist theology in all its timeless relevance.

Dialogues in a Dream is a masterful work from Muso Soseki, the renowned fourteenth-century Zen master and creator of the Zen garden. Written in the guise of a conversation between Soseki and the shogun, the work covers the breadth of Buddhist philosophy and practice and includes insightful discussions of prayer, mediation, and the place of study in religious life. His penetrating analysis deepens our appreciation of even the simplest Buddhist practices.

Acclaimed scholar Thomas Yuho Kirchner skillfully translates this classic text into English.



Also by Thomas Yuho Kirchner
Entangling Vines
352 pages | \$28.95
9781614290773



ZEN

The Authentic Gate

Koun Yamada
Edited by Molly Delight Whitehead
July 2015 | \$19.95 | 256 pages
9781614292500

Why practice Zen? What sets Zen apart from religion? What are its different practices?

These questions and more are examined and answered by Zen Master Koun Yamada. Using compelling stories and a systematic approach, he guides the reader through creating and sustaining a lifelong practice. Warm and ecumenical in tone, Koun uses the insights of Zen to bring a deeper understanding of faith.

Zen is an easy-to-follow guide to creating an effortless and natural practice regardless of background, tradition, or religion.

Koun Yamada (1907–89) guided the Zen practice of many students including a large number of Christian priests, monks, and nuns. His successors include Robert Aitken, Ruben Habito, and David Loy.



Also by Koun Yamada
The Gateless Gate
336 pages | \$16.95
9780861713820



SID

Anita N. Feng

September 2015 | \$16.95

176 pages | 5x8" | 9781614292272

What would the life of Buddha look like if it were lived today?

Sid weaves the traditional tale of Siddhartha, the Buddha-to-be, with the story of Sid, an everyman who finds himself waking up amid the reality of work and family life in the modern world. Returning to the standard tale with careful consideration of the relationships in the Buddha's life, Feng's narrative embodies the Buddhist perspective of living one's enlightenment in the world.

Beautifully told with a blend of poetic prose and verse, *Sid* teaches that the key to the story of the Buddha's life is that it could be about any of us.

Anita Feng has received the Pablo Neruda Prize for Poetry, a National Endowment for the Arts fellowship, and the Andres Berger and Washington State GAP Awards for her creative nonfiction. Feng earned her MFA in creative writing from Brown University. She lives in Seattle, Washington.



MAYA

A Novel

C. W. Huntington, Jr.

June 2015 | \$16.95 | 328 pages

9781614291985

A stunning debut novel on love, sex, and spirituality.

It is 1975, and India is in turmoil.

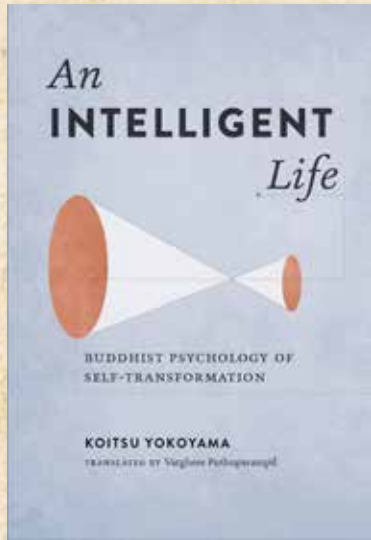
American Stanley Harrington arrives

to study Sanskrit philosophy and escape his failing marriage.

Stanley's path ultimately leads him to a Tibetan yogi who enlists the American's help in translating a mysterious ancient text.

Maya, literally "illusion," is an extended reflection on the unraveling of identity. Filled with rich observations and arresting reflections, it mines the porous border between memory and fantasy.

C. W. Huntington, Jr. is on the Religious Studies faculty at Hartwick College. He is the author *The Emptiness of Emptiness: An Introduction to Early Indian Madhyamaka*. This is his first work of fiction.



AN INTELLIGENT LIFE

Buddhist Psychology of Self-Transformation

Koitsu Yokoyama
Translated by Varghese Puthuparampil

August 2015 | \$16.95 | 144 pages
9781614291961

Make intelligent use of your life: live more fully for others and find happiness deep within.

An Intelligent Life uses the principles of Buddhist philosophy to explore how best to use our lives to benefit ourselves and others. Building on the foundation of core Buddhist concepts like the ego, interdependence, and karma, Professor Yokoyama presents a uniquely practical application of Buddhist philosophy.

Koitsu Yokoyama devoted his career to the study of Buddhist "Consciousness Only" philosophy (*vijñaptimatra*). Yokoyama earned his doctorate in Indian Philosophy at the graduate school of Tokyo University and is currently an honorary professor at Rikkyo University.

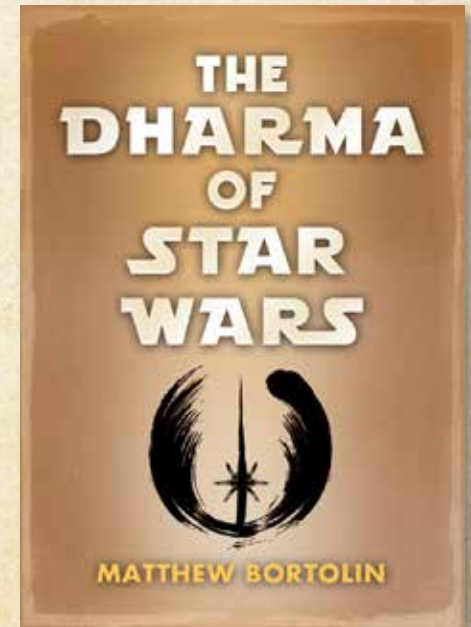
THE DHARMA OF STAR WARS

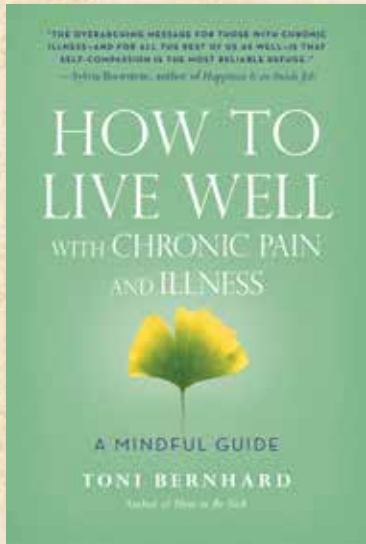
Matthew Bortolin
November 2015 | \$16.95
224 pages | 9781614292869

**Is Yoda a Zen Master?
Is the story of Luke Skywalker a spiritual epic?
The answers, as well as excitement, adventure, and a lot of fun, are here!**

The Dharma of Star Wars links George Lucas's beloved classic and the wise words of the Buddha in playful and unexpectedly rewarding ways. Exploring Darth Vader's karma, the dark side within, and the way of the Force, Bortolin presents an inspiring, totally new take on the Star Wars saga—and a fresh interpretation of Buddhist teachings. Includes instruction in "The Jedi Art of Mindfulness and Concentration" and "The Padawan Handbook: Zen Contemplations for the Would-Be Jedi."

Matthew Bortolin has camped out for tickets to all the Star Wars movies, and a set of Jedi robes hangs in his closet. He is an ordained member of Thich Nhat Hanh's Order of Interbeing, and has lived in Buddhist monasteries both in the United States and abroad. He lives in Ventura, California.





HOW TO LIVE WELL WITH CHRONIC PAIN AND ILLNESS
A Mindful Guide

Toni Bernhard

October 2015 | \$16.95 | 248 pages
9781614292487

Comfort, understanding, and advice for those who are suffering and those who care for them.

Beloved author Toni Bernhard addresses the challenges of chronic

pain and illness, using practical examples to illustrate how mindfulness, equanimity, and compassion can help readers make peace with a life turned upside down. Several chapters are also directed toward family and friends of the chronically ill, helping them to understand what their loved one is going through and how they can help.

Toni Bernhard is an award-winning author. Her blog, "Turning Straw Into Gold," is hosted on the website of *Psychology Today*. She lives in Davis, California.

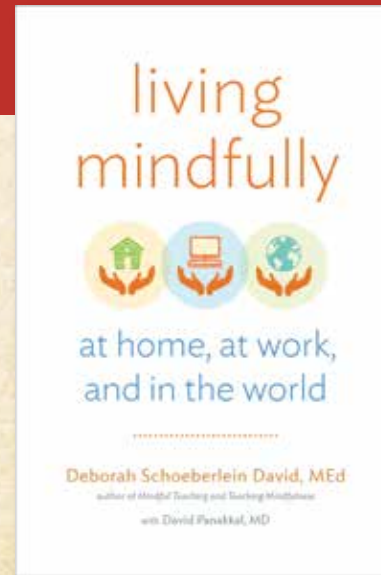
Also by Toni Bernhard



How to Be Sick
216 pages | \$15.95
9780861716265



How to Wake Up
240 pages | \$16.95
9781614290568



LIVING MINDFULLY
*At Home, at Work,
and in the World*

Deborah Schoeberlein David with David Panakkal, MD

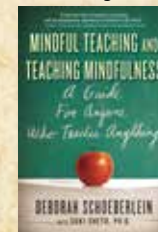
November 2015 | \$16.95
200 pages | 9781614291534

Learn to live a life that's good—for yourself and for the world.

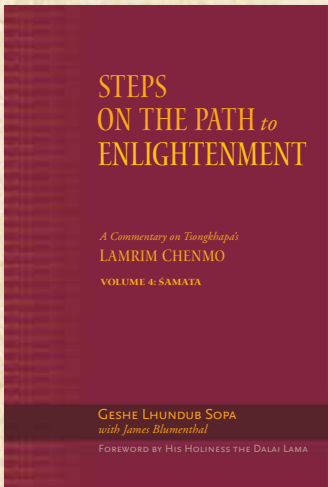
Like a wise friend or kind teacher, *Living Mindfully* walks you through a complete, easy-to-follow curriculum of mindfulness practice. Beginning with the very basics of noticing your breath, it shows how simple mindfulness practices can be utterly transforming. Each practice builds on the previous exercise like a stepping stone, until you have the tools to bring mindfulness into every aspect of your life: at home, at work, and in the world.

Deborah Schoeberlein has more than twenty years' of teaching experience. She also develops curricular materials, provides professional development for teachers, and pursues freelance journalism. She lives in New York City.

Also by Deborah Schoeberlein David



Mindful Teaching and Teaching Mindfulness
224 pages | \$16.95

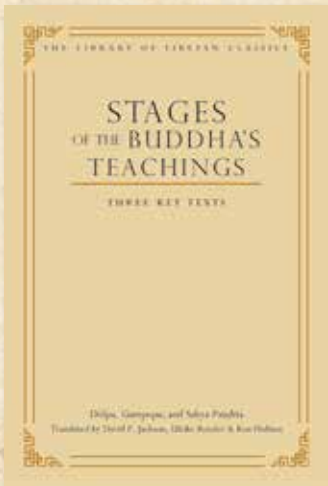


STEPS ON THE PATH TO ENLIGHTENMENT

A Commentary on Tsongkhapa's Lamrim Chenmo, Volume 4: Samatha

Geshe Lhundub Sopa
With James Blumenthal
Foreword by the Dalai Lama
January 2016 | Cloth | \$29.95
288 pages | 9781614292876

An exploration of the practice of samatha, the style of meditation devoted to focus and attention.

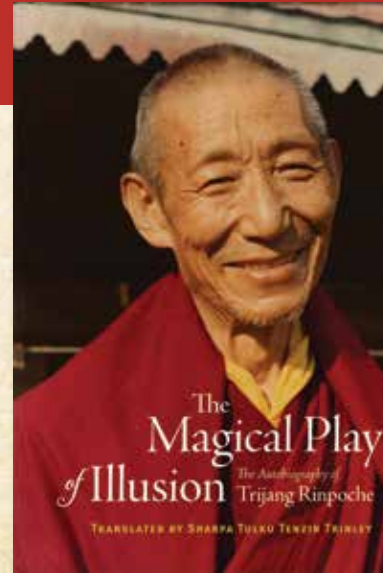


STAGES OF THE BUDDHA'S TEACHINGS

Three Key Texts

The Library of Tibetan Classics
Dölpa, Gampopa, and Sakya Pandita
Translated by David P. Jackson, Ulrike Roesler, and Ken Holmes
December 2015 | Cloth | \$59.95
864 pages | 9780861714490

A masterly exposition of the bodhisattva's path, crucial for understanding the general development of Buddhist thought and practice in Tibet during the eleventh and twelfth centuries.



THE MAGICAL PLAY OF ILLUSION

The Autobiography of Trijang Rinpoche

Translated by Sharpa Tulku Tenzin Trinley
December 2015 | Cloth | \$34.95
504 pages | 9780861710775

A first-person account of Tibetan political, social, and religious life in the 20th century from one of the Dalai Lama's principal teachers and advisors.

Widely known as a yogi with profound, lifelong religious training, Trijang was also a statesman, preserver of culture, poet, writer, and artist. Born into an aristocratic Tibetan family in 1901, Trijang Rinpoche was quickly recognized as the reincarnation of a very important high lama. He later played a role in the spiritual upbringing of His Holiness the 14th Dalai Lama and enjoyed a front-row seat to many of the major historical events that befell 20th-century Tibet.

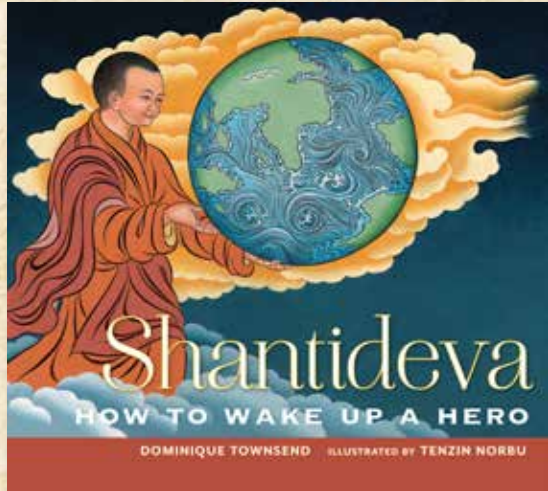
Take an intimate look at the upbringing of the Dalai Lama as well as his encounters with Mao Tse Tung, Jawarlal Nehru, Pope John Paul the Second, and Indira Gandhi. Along the way, Rinpoche details the workings of Tibetan high society and politics with unvarnished frankness.

Get to know Trijang Rinpoche—and the Dalai Lama—better in this rich autobiography.



SHANTIDEVA

How to Wake Up a Hero



Dominique Townsend
Illustrated by Tenzin Norbu

July 2015
Paper-Over-Board
\$22.95 | 64 pages
10x9"
9781614290582

Readers of all ages will enjoy this retelling of a beloved spiritual classic.

In *Shantideva: How to Wake Up a Hero*, the great monk reveals the secret to perfect bravery and unbounded compassion. You don't need super-strength or magical powers; you just need compassion and wisdom.

A dozen illustrations painted in traditional Tibetan style draw readers into this work that will be treasured by families of all traditions.

Dominique Townsend serves as Head of Interpretation and Innovation for the Rubin Museum of Art in Manhattan. She lives with her family in Brooklyn, New York.

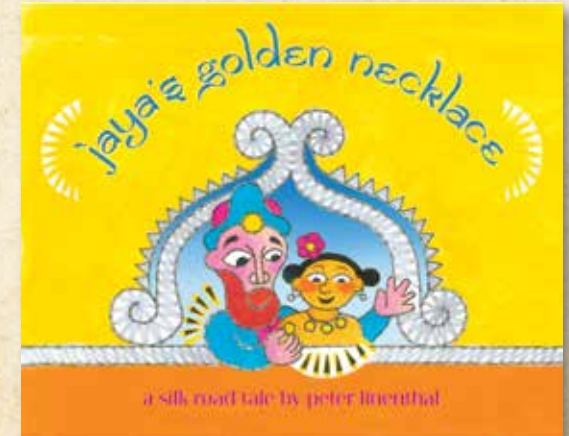
Tenzin Norbu is a Tibetan artist living in Kathmandu, Nepal.

JAYA'S GOLDEN NECKLACE

A Silk Road Tale

Peter Linenthal
July 2015
Paper-Over-Board
\$16.95 | 40 pages
10x8"
9781614292326

An enjoyable tale that introduces young readers to an important ancient empire.



While on a very important mission from the King, young Jaya encounters the gods Shiva, Inanna, and Hercules. Leaping from gold coins on her mother's golden necklace, they help Jaya achieve her goal and discover strengths she didn't know she had.

A story of East and West, *Jaya's Golden Necklace* teaches lessons and entertains while also opening a door into Asian culture.

Peter Linenthal has more than a dozen books to his credit as author, illustrator, or both. He has taught young children art and bookmaking for more than thirty years and has an elementary teaching credential and an MFA. He lives in San Francisco, California.



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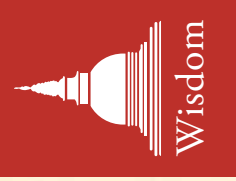
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The Dharma of Star Wars

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