



# Sit Like a Buddha: A Pocket Guide to Meditation

By Lodro Rinzler

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**How to meditate—a concise, pocket-size guide that tells you everything you need to know, from the best-selling author of *The Buddha Walks into a Bar...***

This is the ultimate go-to guide for learning how to meditate. It contains all the instructions you'll need to get started in a remarkably short space, but it also shows you how to make meditation practice a permanent part of your life, infusing it with wisdom and compassion as you go about your day. And it's instruction in the voice of the meditation teacher the young spiritual-but-not-religious crowd have come to trust: Lodro Rinzler, a young Buddhist teacher who speaks to the twenty- and thirty-something crowd in a way that has made his first book, *The Buddha Walks into a Bar...*, a best seller. Lodro begins by challenging you to understand why you want to meditate in the first place, then, after the basic instructions, he shows how to prioritize your practice among your other daily activities and make it the center of all of them. He then shows you how to bring the wisdom and insight gained from meditation into all aspects of life.

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### About the Author

LODRO RINZLER is a teacher in the Shambhala Buddhist lineage and founder of the Institute for Compassionate Leadership. He has taught numerous workshops and retreats. His column "What Would Sid Do?" (Sid = Siddhartha, the Buddha) appears regularly in the *Huffington Post*. He is also the author of *The Buddha Walks into a Bar...*, *The Buddha Walks into the Office*, and *Walk Like a Buddha*.

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