



If the Buddha Got Stuck: A Handbook for Change on a Spiritual Path (Compass)

Charlotte Kasl

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Zen and the art of getting unstuck . . .

Perennial favorites, Charlotte Kasl's *If the Buddha Dated*, *If the Buddha Married* and *If the Buddha Had Kids* have inspired readers with their empowering balance of spiritual and psychological wisdom. This wise yet lighthearted book extends on Dr. Kasl's trademark insight to speak to anyone who's ever experienced being stuck in life. With her signature clarity, wisdom, and wit, she presents seven simple yet profound steps on the path to change: Notice Where You're Stuck; Show Up; Pay Attention; Live in Reality; Connect with Others, Connect with Life; Move from Thought to Action; and Let Go.

Full of insight from Buddhist and other teachings that emphasize the joy that comes with letting go of fears and attachments, *If the Buddha Got Stuck* is an inspirational and practical roadmap to a happier, more peaceful, and more fulfilling life.

From the Trade Paperback edition.

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