



## Tiny Buddha, Simple Wisdom for Life's Hard Questions

*Lori Deschene*

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## **Tiny Buddha, Simple Wisdom for Life's Hard Questions** Lori Deschene

Why are we here? What is the meaning of life? How can we feel happy and free? The answers to these and other life questions are gathered in *Tiny Buddha, Simple Wisdom for Life's Hard Questions*.

Tiny Buddha began as a quoteaday Twitter account, @tinybuddha, in 2008. Lori Deschene's daily wisdom posts about mindfulness, nonattachment, and happiness became so popular that she now has more than 200,000 twitter followers who share quotes and stories about inspiration in their daily lives. Deschene asked her Twitter followers to contribute their thoughts and perspectives on the difficult questions that influence how we live our everyday lives: thoughts about the meaning of life, pain, happiness, fate, and more.

*Tiny Buddha, Simple Wisdom for Life's Hard Questions* is a combination of the amazing responses that she received along with her own insightful essays, and insights from wise teachers around the world and throughout time. Deschene explores how these issues have played out in her own life and offers actionoriented suggestions to help people empower themselves, even in a world with so much uncertainty. The result is a guide that helps readers discover the endless possibilities for a life lived mindfully in the present, and connected to others.

## **Tiny Buddha, Simple Wisdom for Life's Hard Questions Details**

Date : Published December 8th 2011 by Conari Press

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Author : Lori Deschene

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## **From Reader Review Tiny Buddha, Simple Wisdom for Life's Hard Questions for online ebook**

### **Cloris Kylie says**

Tiny Buddha: Simple Wisdom for Life's Hard Questions by Lori Deschene is more than a book for personal growth; it's a companion. If I had wanted to underline it, I would've underlined most of the book because it's so full of wisdom. The way that Lori Deschene contemplates universal topics such as pain, meaning, change, happiness, love and money is enlightened and also realistic. She analyzes her past struggles and the struggles of those around her with remarkable insight. The tidbits of wisdom from Twitter collaborators make the book dynamic and fun to read. Offering a relatable and thought-provoking message, the book has a clear and inviting structure that makes it a pleasure to read. Tiny Buddha: Simple Wisdom for Life's Hard Questions has become one of my top favorite books!

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### **Mrunmayi says**

Everyone should read this book. Everyone!

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### **Kristin Drafts says**

Some parts of this book (especially in the middle) I found hard to keep interest and chugging along without deep focus - more so an attention span issue than narrative problem. I received a lot of good and value from this read.

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### **Taylor says**

Incredibly dry and boring. I only read a few pages and then skimmed and just read the Tweets. Even the Tweets were dull! There are much better philosophical books out there!

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### **Sandra Crane says**

Love the book! I have been working on being a better, caring and happier person. This book with its wonderful stories and words of wisdom is a huge help. Thank you Goodreads Giveaway for this book.

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### **Dm says**

This book isn't exactly revolutionary (especially in the age of so many inspirational social media accounts and painfully honest people) but it's helpful and thoroughly wonderful collection for those that are looking

for a little enlightenment in their lives. I listened to this on and off during a very difficult period in my life and it was what I needed. Not everyone will respond to this author's life or style but those that do will find joy in its completion and the ability to revisit it often.

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## **Jeremy says**

Big Ideas:

- + It's not enough to read about wisdom, you must practice it.
- I felt very convicted by this quote: "Sometimes when we gorge ourselves on meaningful words, we fall into an attention coma - too overwhelmed by other people's thoughts to identify the right choices for ourselves."
- + There are effective ways to deal with pain:
  - Give it time AND effort: "Everything gets better with time; how much time is up to us. It's dependent on when we choose to change the stories we tell about our lives; when we decide to spend more time creating the life we want than lamenting the hand we've been dealt; and when we realize that no one's love, forgiveness, or acceptance can be as profoundly healing as our own."
  - Learn from it even though you don't like it or want it: "We can take almost anything that hurts and recycle it into something good once we're ready to learn from it. If you're hurting over trouble in your relationship, your pain may be teaching you that you need to find the strength to walk away. If you're hurting because people don't seem to like you, your pain may be teaching you that you need to stop depending on approval for your overall well-being. If you're hurting because your thoughts are tormenting you, your pain may be teaching you that you alone are the cause of your deepest suffering, and that in accepting that, you have the power to set yourself free. Of course this all depends on the most important question: are you ready to be free?"
  - Recognize its inevitability: "The only mistake when it comes to pain is to assume life shouldn't involve it... Pain often starts to dull when I decide to embrace it, acknowledge it, and grow from it."
  - Don't get hung up on the 'why': "It's more useful to find benefit than seek cause." @jesusina
  - Choose an effective response: "Realize that things aren't happening because of external factors - they are happening because of how you respond to those external factors."
- + Characteristics of happiness:
  - Gratitude: "Happiness isn't getting everything you want. It's appreciating what you have and staying open to the limitless possibilities before you."
  - Growth: "Implicit in learning and growing is the idea that we'll continually transform our understanding of our purpose and intentions."
  - Self-determined: "No amount of learning, striving, or fighting can change the fact that only we can choose to be happy. Only we can decide what to do with our energy, time, and money, and only we can decide whether to fight our reality or let go and be present with what is."
  - Purpose: "People often assume that not having to do anything is the surest path to bliss. But the reality is that time is the ultimate asset, and we're more likely to experience happiness if we spend it in a way that fulfills us, whether we need the money it generates or not."
  - Not guaranteed by money: "Money can't buy feelings. No amount of success can erase pain from the past. The only thing that allows us to fully appreciate and enjoy good fortune is a sense of peace with who we are, regardless of what we have or gain."

Potent Quotables:

\*“Pain passes but beauty remains.” Auguste Renoir

\*“Freedom is what you do with what’s been done to you.” Jean-Paul Sartre

\*To live life to the fullest, we need to balance two simultaneous needs: the desire to reach our full potential and the instinct to enjoy today.

\*We are all people worth loving, regardless of what behaviors we may want to change - and we all have the power to change, even if on some days our resistance feels about as overpowering as a riptide.

We are all made of the same stuff, and we all have the same potential to make both mistakes and miracles. The only differences between us revolve around where we focus our attention and what we choose to do.

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### **Rebecca says**

Really great mostly-self-help book with a dash of memoir. The principles discussed are a great non-religious introduction to mindfulness and how to look at life's troubles in a healthy way. The gimmick of organizing the book around Twitter's answers to her questions worked surprisingly well. The author did a lot of legwork beyond just picking the pitliest 140-character mottos: she grouped them into categories that actually demonstrate different ways to answer the deep question she was asking. Sometimes these answers even contradict each other, and she goes out of her way to say that this, too, is OK. She also backs up the ideas with studies, related reading, etc, making it feel really meaty. The author's voice is very honest and open, which makes you feel like you're talking to a friend rather than reading a book.

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### **Farnoosh Brock says**

Tiny Buddha, Big Wisdom: Asking Life's Deep Questions

I absolutely loved and heartily recommend that you too devour Lori Deschene's Tiny Buddha. I loved it precisely because Lori means what she says above. The New Age jargon is just that; it may feel good to read but the impact is far from deep or lasting. Not so the case for Tiny Buddha.

Maybe it's all in her writing, in the brilliant way in which she expresses thoughts in words. Maybe it's the specific choice of words and the particular way she weaves in her own story, interspersed with the stories of others and punctuated with her meaningful questions. Maybe it's in the unique way she nudges you to really think about those questions. Maybe it's all in her pure wisdom, despite her sincere modesty. And maybe it is the fusion of it all that makes it such a delicious and moving experience to read.

If I were to name one single reason for recommending this book, something I did not expect at the beginning: It has the power to transform your thoughts and in turn your actions. This is a big promise for a tiny book, but it is one that Lori delivers in a most sincere and inviting tone. I respect her for not just stating an opinion or an account of her experience. She examines every topic from every angle and then lets you to form your own conclusions, even as she offers her own.

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### **Michael Huang says**

I stumbled on the tiny buddha website (or something like that), read a paragraph (or a blog) that felt surprisingly wise and down-to-earth. I immediately bought the author's book and -- uncharacteristically -- didn't put it on a pipeline. I read it as soon as I got it. It unfortunately is without a doubt the worst book I've read in 2014, and possibly in the past 10 years. Save yourself the time.

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### **Alexis says**

Really enjoyed this book, which is full of essays that are similar to the posts that you can read on [www.tinybuddha.com](http://www.tinybuddha.com)

The woman who wrote this book really struggled, and she's very honest about her struggles and her quest to turn her life around. I could have done without the twitter excerpts from other readers of Tiny Buddha, but I loved reading about how Lori changed her mind and used Buddhist/spiritual thinking to change her life.

If you're curious about this book, I suggest you check out [www.tinybuddha.com](http://www.tinybuddha.com) first. That'll give you a flavour of what you'll be reading.

I know it's not for everyone, but I enjoy and [www.tinybuddha.com](http://www.tinybuddha.com) is one of my daily reads. It really helps me to reframe difficult life situations.

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### **Bonnie says**

This is definitely going to be a future purchase. I must own this awesome little book.

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### **Luisa says**

I really liked this book. It approaches to the main questions we have in life about love, happiness, money, control, meaning of life. Giving us an extended view of each theme that maybe we already know but don't recognize. Totally recommended for all type of readers who want to discover or rediscover the answers.

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### **debbicat ?~Traveling Sister says**

Lots of great wisdom here. I will refer to it often.

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### **Angela says**

I wanted to read this book long before I won it by writing my responses to questions on the Tiny Buddha website to help Lori with her second book.

Full of thoughtful insights, poignant quotes, and real life experiences, Tiny Buddha will fill you with the inspiration to tackle any of life's challenges big or small.

I keep this on my nightstand to glean bits of wisdom to start and end my day. It's a book you will return to again and again like a reference guide.

Highly recommended for those who are looking to get the most out of each day.

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