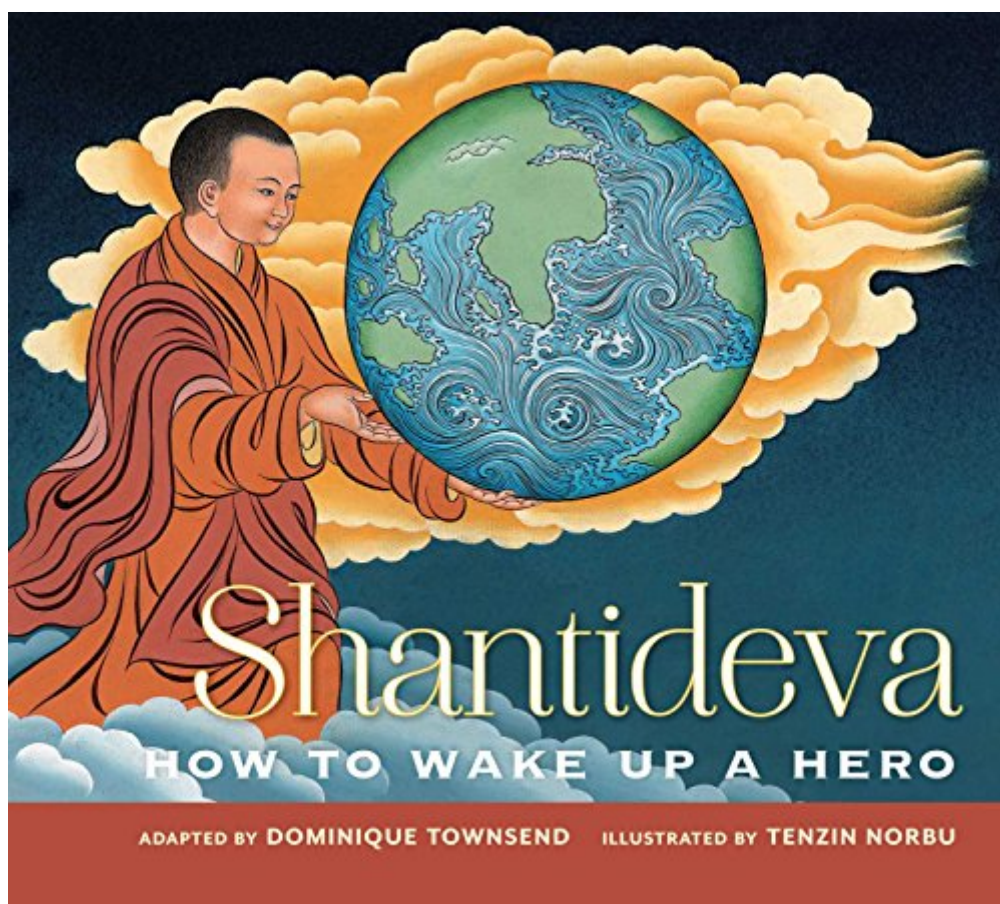


The book was found

Shantideva: How To Wake Up A Hero



Synopsis

Readers of all ages will enjoy this retelling of a beloved spiritual classic. Playfully illustrated in traditional Tibetan style, the story of the monk Shantideva frames his inspiring lessons on the way of the bodhisattva superhero. Shantideva: How to Wake Up a Hero is the retelling of Shantideva's teachings before a surprised audience, who had thought he was useless and could only eat, sleep, and poop. Leading his listeners into a superhero training of different kind, he reveals the secret to perfect bravery and unbounded compassion and shows how anyone can develop them. You don't need super-strength or magical powers, he says. You just need compassion and wisdom. A dozen illustrations painted in traditional Tibetan style draw in readers to this work that will be treasured not only by Buddhist families but by anyone who aspires to become more kind and wise.

Book Information

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Customer Reviews

Just got our copy of this book today, and wow! so wonderful, beautiful and well-worded for kids. By the time we got to the end of the chapter "How to Stay Awake," my five year old said, "Let's play bodhisattva!" and off we went helping all the "creatures" in our house. He built the troll doll a bridge, helped get the squeak back in a old teething toy, and wanted to repair the tear our dog had ripped in

her toy dolphin. Mission accomplished and we are not even halfway through the book!

This gorgeous book is my gift of choice for my friends with kids. The illustrations are beautiful and the writing is cheerful, humorous, insightful and poetic. As I read this book with my 6-year-old son, it soon became clear that these stories are just as relevant for adults, as there were many times I felt the story and teaching helping me reframe some mundane difficulty. It is a delight to read and a delight to share.

This version of Shantideva's text is extremely accessible and easy to understand. Although Townsend has taken great artistic liberties to modernize and simplify the text, it remains true to the original meaning. I really appreciate the foundation this book provides for discussions about ethics. In today's world, this beautiful gift of a book couldn't be more timely and meaningful!

A delightful book of singular beauty and wisdom, one to read over and over. Shantideva: How to Wake Up a Hero is destined to be a classic - and will endure in the hearts and minds of every adult and child who reads it.

Wow. What a wonderful book. Beautiful words and pictures. I was pleased to find that It's a longer book than I expected, so I am reading this with my family a couple of chapters at a time (husband and two kids, age 12 and 10). They all really like it. The best Buddhist book for kids I have ever purchased and I have accumulated quite a library of good Buddhist children's/family books. Highly recommend!

Outstanding book that promotes mindful, kind living. Useful for all ages--not just children. It's beautifully written and illustrated.

Lovely children's book - good message for adults too :)

This is a truly lovely book. It's sweet, funny, and beautifully written, and the illustrations are extraordinary. Children and adults will be both moved and made to giggle by this charming distillation of one of the greatest Buddhist works of all time. I just bought an extra copy to give to friends!

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