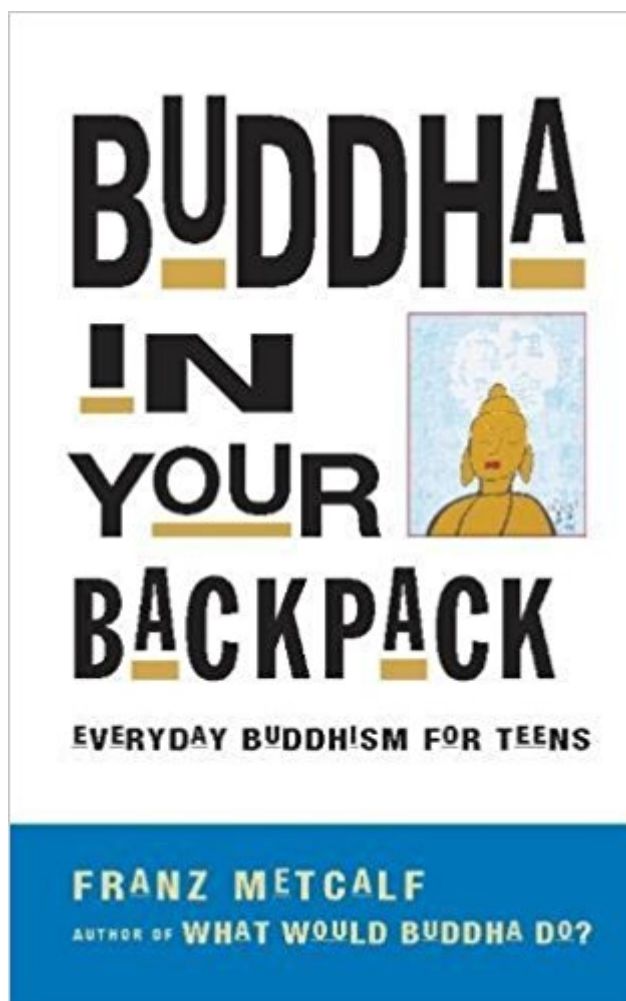


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Buddha In Your Backpack: Everyday Buddhism For Teens



Synopsis

A guide for navigating the teen years, *Buddha in Your Backpack* is for young people who want to learn more about Buddhism or for those who simply want to understand what's going on inside themselves and in the world around them. *Buddha in Your Backpack* tells Buddha's life story in a fashion teens will relate to, describing Buddha as a young rebel not satisfied with the answers of his elders. It then introduces Buddha's core teachings with chapters like "All About Me" and "Been There, Why'd I Do That?" The author presents thoughtful and spiritual insights on school, dating, hanging out, jobs, and other issues of special interest to teens — inviting readers to look inside themselves for answers.

Book Information

Paperback: 244 pages

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Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 14.7 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 30 customer reviews

Best Sellers Rank: #369,945 in Books (See Top 100 in Books) #3 in Books > Teens > Religion & Spirituality > Eastern #5 in Books > Teens > Religion & Spirituality > Buddhism #8 in Books > Children's Books > Religions > Buddhism

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Grade 8 Up-Metcalf straddles an interesting line with great success: avowedly evangelistic, his book nevertheless repeatedly reminds readers that Buddhism in general and the specific form of it embraced here are not likely to appeal to everyone. As such, the tone is both enthusiastic and testimonial without being pushy or "in your face." Whether discussing home and the family, school, self-image, sex, or drugs, the author's advice aims always at what is healthy and what reduces the amount of suffering in the world. Unlike other guides to living produced from a religious viewpoint, this book eschews discussion of morality and hews close to a practical line—not what is "good" but rather what is good for you. The author also emphasizes the necessity of self-awareness and

rational independent decision making over rote following of rules—a stance that will raise hackles in many communities when the subject is teen sexuality or substance abuse. Metcalf also surveys the life and basic teachings of Buddha and makes recommendations for those who want to attempt to walk the path of Buddhism. He examines various schools of the religion, gives instructions for types of meditation, and explains that incorporating Buddhist principles into one's life need not mean a conversion to Buddhism or renunciation of other religious affiliations. While its frank and nonjudgmental approach to certain areas of teenage life will likely lead to censure in some corners, *Buddha in Your Backpack* is flush with good advice, sensibly given. As such it should prove useful both to students interested in Buddhism and to others who simply need good counsel. In fact, Metcalf's approach is so down-to-earth and inviting that many adults may sneak it off the shelves for themselves. Coop Renner, Blackshear Elementary School, Austin, TX Copyright 2003 Reed Business Information, Inc.

Gr. 7-12. Most YA guide-to-life books try to be hip by using lots of soon-to-be-dated slang, but here's a handbook to teendom that wins its hipness the hard way: by using good humor and the wisdom of a 2,500-year-old man. After introducing Siddhartha Buddha by focusing on his childhood, Metcalf outlines the four "simple" truths of Buddhism, using them as the foundation for his guidance. It's all about learning to live with *dukkha*, or suffering, whether that means overprotective parents, bratty siblings, or drama-queen pals. Taking inner action to resolve your outer problems, Metcalf says, is often (but not always) the best solution because teens (like the rest of us) often find themselves in situations of powerlessness. It may sound boring, but Metcalf makes Buddhism fun and funny ("*Dukkha happens*") without shying away from difficult issues like drugs and sex. His refusal to condemn such supposed vices might trouble some parents, but teens will treasure it. This is the rare advice book that kids won't be ashamed to have in their backpacks. John

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This should be required reading in schools. The negative reviews typically involve devout Christians and other faiths who fear the worship of false idols. This is not a religion, it is a philosophy, about how to treat others, about how to treat yourself, about how to live your life recognizing the causes of suffering, and minimizing or eliminating it for yourself and others. It is about compassion, self-control, and happiness, something we all can and should try to increase in ourselves and others while on this planet. Nothing in here contradicts the teachings of Christ, just the opposite. It can help us understand the Golden Rule and other teachings. Buddhism can be your Cliff Notes for a better

understanding of the New Testament. Everyone I have gotten this book for has told me it was as if a blindfold was lifted from their eyes, allowing them to become better people and help others do the same.

as one part of our vacation, we were fortunate to visit a center in which buddhism is practiced. since my kids had had no exposure to buddhistic beliefs before, i thought that buying and reading this book and then discussing parts of it during the drive, hotel stays, tourist walking, might be neat. the kids were not teens, so, i adapted it a bit. the kids really seemed to appreciate the respect and logical approach. they were attentive at the center. after the center, we went to a restaurant in which they had a few "gambling machines" for kids. i replied to my son's request that if he really insisted on gambling \$1, he could, but, if he lost, he had to give me his other \$1. he ran out and lost. he gave me his last \$1. my daughter came over to me and said that i will attract bad karma by doing that. then, she gave him her last \$1. of course, that night i gave him \$1 and he returned \$1 to her. so, i guess that she did learn and begin to practice some basic elements of buddhism. that's a long story just to tell you that my kids benefited from this book. i enjoyed reading through it and i enjoyed sharing it with the kids. the book is organized well. it is very informative. it is simple enough for teens to understand. it is fun and engaging! it is well written and edited. I highly recommend this book for younger teens with an interest in buddhism or whose parents / friends might be interested in buddhism. if a parent wants to use this book as a basis for teaching younger children, it can be adapted. adults wishing to read this in order to familiarize themselves with basic tenants might find this book to be light reading. that might be good for many of us! overall, i think that this is an excellent book, and i give it an "A-".

This book was life changing. I've grown up in a Christian family, and it never worked for me. This book showed me not only a religion I could really feel connected to, but a way of life anyone can follow. I read this whole book in the last 3 hours and I feel...different. It's not like I magically changed over 3 hours, it's like I feel ready to take that step into faith I could never find. All this is thanks to this book. The author of this book deserves way more than a review. He deserves to know how much of an impact he has made to me, and other people who have read this book. Buy this book. It'll change you. For the better.

I initially purchased this book for my grandchildren, who are now teenagers. Although only ONE of the THREE has read parts of it, the sections they read did spark informative conversations....and

what more could one ask for? I read the book often and truly appreciate its offerings...in easy to read, very informative and engaging ways. I think its appropriate for all ages....and when they are ready...the teens (or perhaps young adults...or even older) will return because I'm keeping it with me! I've also shared it with many of my college students in writing courses and they gobble it up...I highly recommend it!

I give this book four stars.It is a perfect spiritual guide for teens and upwards.It explains Buddhism in a simplistic way as it should, I like many switch off when the subject is taken to the extreme.This is an insightful guide for all those on this journey called life.Best of all it let's everyone know aiming for perfection is impossible and will only cause suffering, detaching from such ideas brings us closer to peace.Oh the joy of that notion!So squeeze Buddha in between your lunch box and laptop and follow the Eightfold path!

I can't stress enough about how I love this book!! Whenever I'm down or need some advice this is what I go to and has helped me tremendously. I seriously recommend this book for any teenager or who once was a teen!!

Excellent book for young adults struggling through teenage years. Sage wisdom and sound advice for many things! While the book does discuss Buddhism, its history and practice, the advice and perspective is instantly usable for any spirituality or religion. I loved this book!

I read this book at the age of nineteen and found it to be extremely helpful for my basic understanding of the path that is practicing Buddhism. I would recommend it to any ages between 8-20. Other great books on beginning your understanding is Buddhism for Dummies, Mindfulness for Dummies, and Meditation for Dummies. What can I say, they keep me engaged unlike most ancient texts.

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