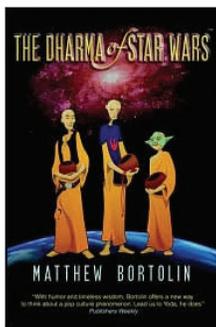


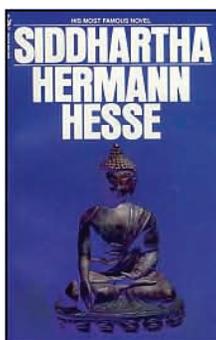
Buddhism & Teens

Books for Young Adults who may be looking for answers to some of life's questions.



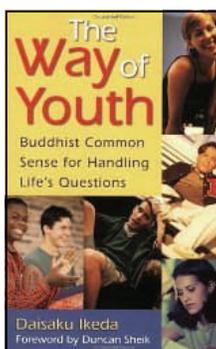
The Dharma of Star Wars by Matthew Bortolin

Is Yoda a Zen Master? What might Jedi training be like? Are the adventures of Luke Skywalker and Darth Vader part of a spiritual epic? The answers—as well as humor, excitement, and much more—are here. The Dharma of Star Wars' cover promises a fresh and fun take on the films that have so captured the public's imagination, and its pages do not disappoint. Author Matthew Bortolin is a self-professed Star Wars geek (and, proud of it!), as well as a member of the Buddhist community of the teacher and bestselling author, Tich Nhat Hanh. Here, Bortolin casts a light on the timeless qualities and the wisdom to be found in George Lucas' already-classic film series. The result is a rollicking and eye-opening read sure to edify, and most of all, entertain—just like Star Wars itself.



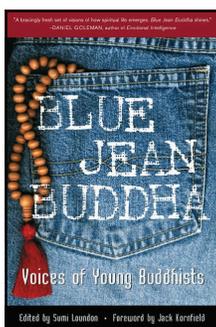
Siddhartha by Hermann Hesse

In the novel, Siddhartha, a young man, leaves his family for an ascetic and contemplative life, then, restless, discards it for one of the flesh. He conceives a son, but bored and sickened by lust and greed, moves on again. Near despair, Siddhartha comes to a river where he hears a unique sound. This sound signals the true beginning of life — the beginning of suffering, rejection, peace and, finally, wisdom. This novel teaches us that there is a path for everyone, and not everyone's path is the same.



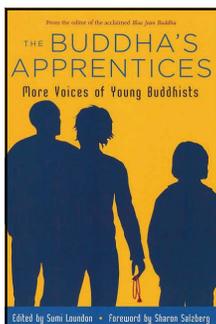
Way of Youth: Buddhist Common Sense for Handling Life's Questions by Daisaku Ikeda

Daisaku Ikeda, who offers spiritual leadership to 12 million Soka Gakkai Buddhists throughout the world, responds to the complicated issues facing American young people in a straightforward question-and-answer format. He addresses topics that include building individual character, the purpose of hard work and perseverance, family and relationships, tolerance, and preservation of the environment. Written from a Buddhist perspective, this collection of answers to life's questions offers timeless wisdom to people of all faiths.



Blue Jean Buddha: Voices of Young Buddhists by Sumi Loundon

In an age when the Dalai Lama's image has been used to sell computers, rock stars have used tantra to enhance their image, and for many, Nirvana calls to mind a favorite band, what can Buddhism mean to teens and twenty-somethings? *Blue Jean Buddha* offers real stories about young Buddhists in their own words that affirm and inform the young adult Buddhist experience. It is about the experiences of young people in America — from their late teens to early thirties — who have embraced Buddhism. Thirty-three first-person narratives reflect on a broad range of life-stories, lessons, and livelihood issues, such as growing up in a Zen center, struggling with relationships, caring for the dying, and using marathon running as meditation and more.



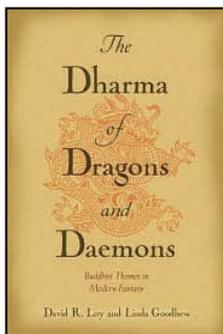
Buddha's Apprentices: More Voices of Young Buddhists by Sumi Loundon

Sumi Loundon's *Blue Jean Buddha* was hailed by The New York Review of Books as “a bellwether anthology,” mapping the spiritual paths of a generation of young American Buddhists. The Buddha's Apprentices explores that territory in greater detail, telling 27 more stories from young Buddhists, including teenagers and prominent older Buddhist teachers looking back on their own youth. Loundon's rich commentary helps contextualize these essays within the ever-evolving chorus of American Buddhism.

List Compiled by Dan Brooks, Kadampa Center Bookstore Manager—06/10—Annotations Courtesy of the publishers

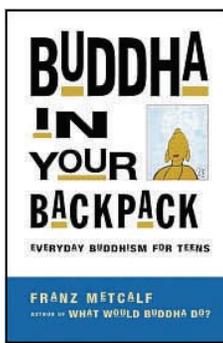
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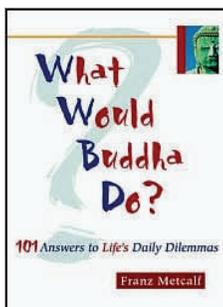
The Dharma of Dragons & Daemons: Buddhist Themes in Modern Fantasy by David R. Loy

Sure to appeal to anyone with an interest in fantasy literature, *The Dharma of Dragons and Daemons* employs a Buddhist perspective to appreciate some of the major works of modern fantasy, and uses modern fantasy fiction to elucidate Buddhist teachings. Authors examined include J.R.R. Tolkien, Philip Pullman (of *His Dark Materials* trilogy, from whose works the word "daemon" is borrowed in the title), Ursula K. LeGuin, and the anime movie *Princess Mononoke*. In this pioneering work of Buddhist literary analysis, renown scholar David Loy and Linda Goodhew offer ways of reading modern fantasy-genre fiction that illuminate both the stories themselves, and the universal qualities of Buddhist teachings.



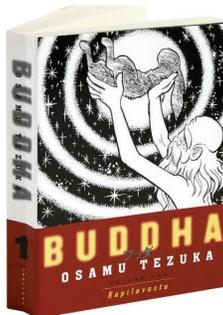
Buddha in Your Backpack: Everyday Buddhism for Teens by Franz Metcalf

A guide for navigating the teen years, this book 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. It 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. 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.



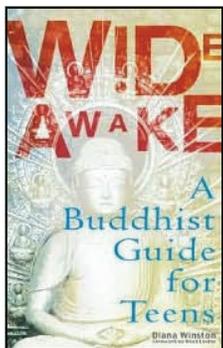
What Would Buddha Do? 101 Answers to Life's Daily Dilemmas By Franz Metcalf

A unique approach to Buddhism, *What Would Buddha Do?* shows that anyone can find guidance in Buddha's teachings. It demonstrates how to use the advice of Buddha to become a better person at work, at home, and in society. Presented in a reader-friendly format, with each page offering a question, a Buddhist quote, and advice from the author, *What Would Buddha Do?* applies this question to 101 problems confronted in everyday life and reveals how Buddha's teachings are still meaningful after 2,500 years.



Buddha, Volume 1: Kapilavastu (Manga Graphic Novel) by Osamu Tezuka

Tezuka's vaunted storytelling genius, consummate skill at visual expression, and warm humanity blossom fully in his eight-volume epic of Siddhartha's life and times. Tezuka evidences his profound grasp of the subject by contextualizing the Buddha's ideas; the emphasis is on movement, action, emotion, and conflict as the prince Siddhartha runs away from home, travels across India, and questions Hindu practices such as ascetic self-mutilation and caste oppression. Rather than recommend resignation and impassivity, Tezuka's Buddha predicates enlightenment upon recognizing the interconnectedness of life, having compassion for the suffering, and ordering one's life sensibly. This is the first volume in a 8 part series.



Wide Awake: A Buddhist Guide for Teens by Diana Winston

Maybe you're tired of constant pressure from family and friends. Maybe you're overwhelmed by the problems in the Third World—or in your own town. Maybe you've used drugs or the Internet to search for the answers, and you're still wondering...What's it all about? Does anyone understand what I'm going through? There's a 2,500-year-old practice that can help you figure it all out. Buddhism is not about telling you what to do. It's about showing you how to see the answers in yourself. It's about waking up to the world, being who you are, and learning a new way to overcome life's challenges.