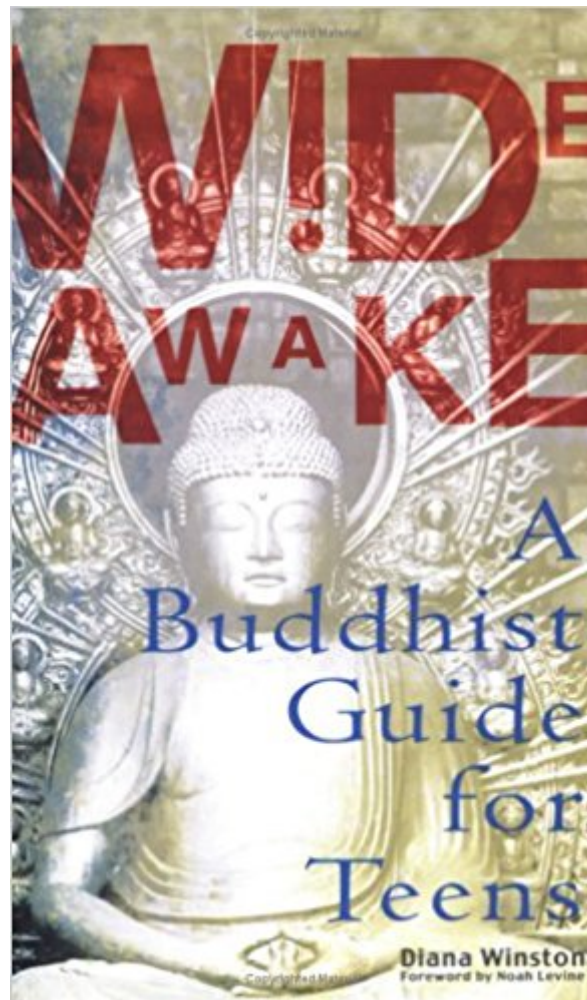




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Wide Awake: A Buddhist Guide For Teens



Synopsis

Many of today's teenagers are tired of the pressure to compete and consume-and are looking for a different way to live their lives. This book offers an alternative: the 2,500-year old practice of Buddhism. Written in a style that will have immediate appeal to young "seekers" and those wanting to understand the ancient teachings, this book addresses such relevant topics as peer pressure, emotional difficulties, stress, fostering peace, and even protecting the environment. For everyone looking for self-help, self-esteem, and self-awareness, this book offers advice on:

- Discovering truth in a world of hype
- Finding peace amid the ups and downs of life
- Accepting ourselves
- Working with difficult emotions
- How to meditate
- Dealing with temptations and making the right decisions about sex and drugs
- Advice on volunteering, working for peace, and protecting the environment

Book Information

Paperback: 304 pages

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Product Dimensions: 5 x 0.8 x 8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 37 customer reviews

Best Sellers Rank: #79,260 in Books (See Top 100 in Books) #2 in [Books > Teens > Religion & Spirituality > Eastern](#) #3 in [Books > Teens > Religion & Spirituality > Buddhism](#) #21 in [Books > Teens > Personal Health > Body, Mind & Spirit](#)

Age Range: 12 and up

Grade Level: 6 and up

Customer Reviews

One of the recent trends in Buddhist publishing has been a subtle generation shift: we are now seeing second-generation Buddhists' memoirs as well as introductory books for teenagers and young adults. Into this latter category falls Diana Winston's *Wide Awake: A Buddhist Guide for Teens*, a well-written and basic primer for Gen-Ys who are asking Big Questions. Introducing concepts such as meditation, enlightenment, metta (lovingkindness), karma, the four noble truths and the eight worldly conditions, Winston writes accessibly but doesn't try overly hard to sound cool

or relevant. Teens will appreciate the way she gives the dharma to them straight, while many adults will also benefit from this lucid manual. Copyright 2003 Reed Business Information, Inc.

Gr. 6-10. Switching between anecdotes of her own journey in Buddhism and advice on how teens can apply the Buddha's teachings to their lives, Winston offers a personal and thoughtful introduction to Buddhist thought and practice. The fundamental tenets of Buddhism are introduced through the lens of adolescence: finding karma at a high-school basketball game or promising that metta (loving-kindness) can free teens from anger toward siblings and parents (a miracle, indeed). Winston frequently quotes from teens she has met in her work at a Buddhist center in California, showing what they have learned from Buddhism on such subjects as skipping school. The writing doesn't rely on slang that will go out of style, but Winston's retellings of Buddhist sutras and stories are delightfully colloquial ("I want to understand life," the Buddha tells his father at one point. "I can't stay cooped up in this castle"), and her celebration of inquisitiveness and doubt will appeal to readers. Give this, along with Franz Metcalf's *Buddha in Your Backpack* (2002), to spiritual seekers intrigued by Buddhism. John Green

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I Got this book at the library about 2 years ago and I couldn't stop thinking about it and eventually decided I wanted it to be a part of my library. I love this book so much. The only thing I would change is the title because I don't believe this is just for teens. In fact, I let my 14 year old sister read it and she read the first chapter and didn't like it. I think she's too young for it. I first read this when I was like 20 and I loved it. I also think it's more about spirituality than it is a guide to Buddhism. This book put so many things into perspective for me and I go back to it constantly. This is probably one of my favorite books that I've ever read and I recommend you read it with an open mind and without any expectations. There are great life lessons in this book that I have incorporated into my lifestyle. This book educated me and it also saved me

I bought this for my son. He didn't read it. I did read it and it is a great starter book. If you have basic questions on buddha, this is a great place to start.

I bought this for my 13 year old son per his request for a book that explains Buddhism. He loves this book and has read it 3 times. I personally have not read it, but based on his comments, I would highly recommend this book!

I have used various chapters from this book in teaching a Zen Buddhist youth group composed of younger teens. It's great for generating discussion, and I think it would work well as a curriculum if it were read by an ongoing group, one chapter per meeting.

My 13 year old son absolutely loves this book. Checked it out 3 times from the library before purchasing. Highly recommend.

I have read a lot of books on Buddhism over the years and this one gives a clear, non-technical description of buddhist practice. ms. Winston uses an easy writing style that makes the buddhist practices and exploration of issues teens experience in their lives easy to understand and apply.

Great book

As an adult beginning a study of Buddhism, I felt this book very approachable. Though it's written for teens, it still is very useful for older people seeking awakening.

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