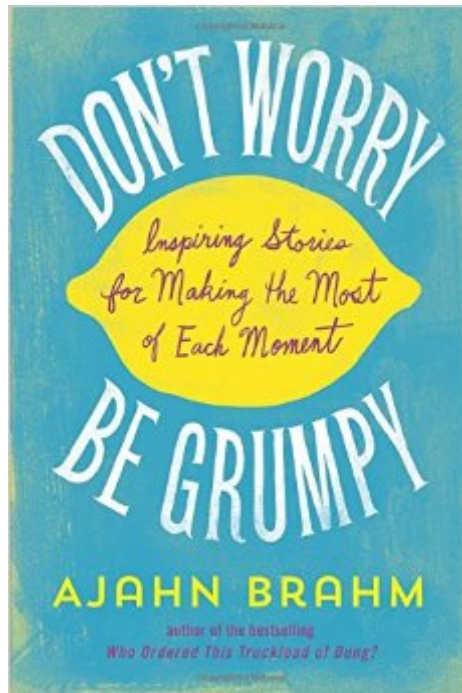


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# Don't Worry, Be Grumpy: Inspiring Stories For Making The Most Of Each Moment



## Synopsis

Laugh aloud even as you look at life anew with these stories from the bestselling author of *Who Ordered This Truckload of Dung?* In 108 brief stories with titles like "The Bad Elephant," "Girlfriend Power," and "The Happiness License," Ajahn Brahm offers up more timeless wisdom that will speak to people from all walks of life. Drawing from his own experiences, stories shared by his students, and old chestnuts that he delivers with a fresh twist, Ajahn Brahm shows he knows his way around the humorous parable, delighting even as he surprises us with unexpected depth and inspiration.

## Book Information

Paperback: 240 pages

Publisher: Wisdom Publications (October 21, 2014)

Language: English

ISBN-10: 1614291675

ISBN-13: 978-1614291671

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (38 customer reviews)

Best Sellers Rank: #205,052 in Books (See Top 100 in Books) #98 in [Books > Humor &](#)

[Entertainment > Humor > Religion](#) #1337 in [Books > Politics & Social Sciences > Philosophy >](#)

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## Customer Reviews

From the mind of a Buddhist monk. It is an alternate way to look at the world around you. Told in 108 short stories, it is often funny, and sometimes ridiculous. I recommend for anyone looking for a quick read to lighten the mood.\*I received a free copy in exchange for an honest review\*

Such a beautiful book, and such a joyous spirit! Full Disclosure: I recently interviewed Ajahn Brahm for our Inspire Nation Show...I think he broke the laughter-per-minute quota!!! What an amazing soul, and he shares fantastic story after story after story to help us 'get it'...and it's hard not to after reading his book. It's a treatise for life, wrapped up in short, bite-size, entertaining stories. Each one is its own fortune cookie telling its own tale, and its own lesson. It's hard not to get sucked into the stories, and then reflect them back to our own lives...which is exactly the point. He helps us realize the grandeur, the beauty, the silliness, the ease, and the difficulty that is all around us, and helps us

learn how to let it all go, and to simply be in the moment. In that sense, Don't Worry, Be Grumpy is a very powerful tool, wrapped up with a smile.

Another great book by Ajahn Brahm. You don't have to be Buddhist to enjoy these stories. Told with a tone of a wise grandfather, Don't Worry Be Grumpy, is insightful while being easy to take. Fun while sneaking in lessons on being kind to yourself and how to deal with conflict. Well written and emotionally open you will find yourself nodding in agreement with his easy solutions to life's problems.

I am changing my review on this book. At first I felt it was inferior to "Who Ordered This Truckload of Dung?" but after nearly finishing the book I now recommend it. I think the first 1/3 of the book is not as good, but later on it picks up and there are some very good stories in it. I am enjoying the book, and am nearly finished with it, so I can now say I do recommend this book. It is well worth reading.

An absolutely fabulous book. If you need a pick-me-up with short stories and a laugh, this is your book. I have since ordered three more of this wonderful Monk's books.

Ajahn Brahm with his simple short stories succeeded to enter me in the realm of a far deeper philosophy I was not aware of. His sense of humor is very optimistic. His simple way of writing is easy and encourages the reader to go on, story after short story.

Principles of life told in a light hearted way. End of each stories you will walk away with loving reflection on you own life. Besides this it's an excellent way for couples to find their zone by telling each other the stories.

Any of the Buddhist teaching tale books by Ajahn Brahm are worth the money. His stories has eased my way through what would have / could have been troubling times. Buy all of his books!

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