


# If the Buddha Got Stuck: A Handbook for Change on a Spiritual Path

*By Charlotte Sophia Kasl*

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**If the Buddha Got Stuck: A Handbook for Change on a Spiritual Path** By Charlotte Sophia Kasl

**Zen and the art of getting unstuck . . .**

Perennial favorites, Charlotte Kasl's *If the Buddha Dated*, *If the Buddha Married* and *If the Buddha Had Kids* have inspired readers with their empowering balance of spiritual and psychological wisdom. This wise yet lighthearted book extends on Dr. Kasl's trademark insight to speak to anyone who's ever experienced being stuck in life. With her signature clarity, wisdom, and wit, she presents seven simple yet profound steps on the path to change: Notice Where You're Stuck; Show Up; Pay Attention; Live in Reality; Connect with Others, Connect with Life; Move from Thought to Action; and Let Go.

Full of insight from Buddhist and other teachings that emphasize the joy that comes with letting go of fears and attachments, *If the Buddha Got Stuck* is an inspirational and practical roadmap to a happier, more peaceful, and more fulfilling life.

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## Editorial Review

From Publishers Weekly
"Buddhism offers a gentle... understanding of being stuck and getting unstuck," writes Kasl (*If the Buddha Dated*), referring to a variety of stubborn problems that can interfere with life, including feeling intractably "bored, scared, protective, petty, exhausted, afraid or unfulfilled." In 60-plus brief chapters featuring discussions and therapy-type strategies deeply rooted in Buddhist teachings, Kasl guides readers on a journey of self-discovery. She begins by inviting them to notice where they are stuck, and then asks them to simply "show up" to life with a sense of "fascination and curiosity." She implores them to be mindful and to trust in the power of engaging reality directly without interpretive lenses (acknowledging difficulties in a relationship, for example, instead of making excuses). She then explores the importance of connecting with others, of acting on insights and the "ultimate step" of letting go the temporal self, an act that brings "abiding happiness." Throughout, she intersperses exercises to help readers engage the lessons more personally. Kasl's approach is compelling: her discussions are simple but never simplistic; her tone is warmly inviting but not obsequious; and her insights are both penetrating and accessible. Occasionally her supporting illustrations veer into the cheesy, but overall Kasl offers a challenging, practical and disarmingly effective approach to getting out of life's ruts.
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Review

**Praise for *If the Buddha Dated***

“[Charlotte Kasl] adds an entirely new level of understanding to our lives through love and not fear.” —Geneen Roth, author of *When Food is Love*

“[This book] focuses not on a lot of basic how-to's or manipulations but on creating spiritual bonds. Kasl does a beautiful job weaving Eastern philosophy into modern day relationships.” —Janet Luhrs, author of *Simple Loving* and *The Simple Living Guide*

**Praise for *If the Buddha Married***

“[Kasl] brings the Buddha's wisdom to the complex world of relationships. We've all heard that marriage can be a spiritual experience; reading this book, you actually believe it.” —Marianne Williamson, *New York Times* bestselling author of *A Return to Love* and *A Year of Miracles*

“Filled with succinct and practical advice that is immersed in spiritual wisdom.” —Brenda M. Schaeffer, author of *Is It Love or Is It Addiction?* and *Love's Way*

**Praise for *If the Buddha Had Kids***

“Dr. Kasl provides a wonderful blend of Buddhist wisdom, practical suggestions, psychological research, and her own rich perspective of being a mother.  Parents will find this book very helpful in their efforts in promoting healthy brain development.” —Daniel Ladinsky, author of *Love Poems from God*, *A Year with*

*Hafiz*, and *The Purity of Desire*

“This book brings the wisdom of the ages to bear to help parents inways that are extraordinarily inspiring and remarkably practical.You discover compassion for your child and compassion for yourself.” —Marti Erikson, PhD, coauthor of *Last Child in the Woods*

**Praise for *If the Buddha Got Stuck***

“*If the Buddha Got Stuck* provides a roadmap to freedom and greater possibilities. Regardless of your starting place, Kasl will help you achieve greater joy, authenticity, and peace of mind. . . . Encouraging, practical, beautifully written.” —Laura Davis, author of *I Thought We'd Never Speak Again* and coauthor of *The Courage to Heal*

“Charlotte Kasl's new book overflows with insight, humor and eminently practical suggestions.” —Anita Doyle, former Director of the Jeannette Rankin Peace Center, Missoula, MT

“If previous attempts to work with your life from a Western philosophical or psychological perspective encountered gaps . . . [consider this] your bridge.” —Rowan Conrad, PhD, Director, Open Way Mindfulness Center

“*If The Buddha Got Stuck* brings perspective, inspiring stories, and useful exercises to feel less overwhelmed by life's difficulties.” —Lisa M. Najavits, Ph.D., Associate Professor in Psychiatry, Harvard Medical School and author of *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*

About the Author
**Charlotte Kasl, Ph.D.**, a practicing therapist and nationally recognized workshop leader for more than 20 years, has had lifelong connections to feminism, Buddhism, Quaker practice, and Reiki healing. The author of several books including **Finding Joy**, she lives in Lolo, Montana.

## Users Review

**From reader reviews:**

**Davis Miller:**

Have you spare time for a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a walk, shopping, or went to the Mall. How about open or maybe read a book called If the Buddha Got Stuck: A Handbook for Change on a Spiritual Path? Maybe it is to get best activity for you. You understand beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with it is opinion or you have different opinion?

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which improve your knowledge and information. The knowledge you get based on what kind of publication you read, if you want drive more knowledge just go with education books but if you want sense happy read one along with theme for entertaining for example comic or novel. Typically the If the Buddha Got Stuck: A Handbook for Change on a Spiritual Path is kind of e-book which is giving the reader unpredictable experience.

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