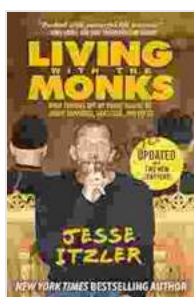


# Living with the Monks: An Unforgettable Journey into the Heart of Buddhism

Have you ever wondered what it would be like to live among the monks in a Buddhist monastery? To witness their daily routines, share their meals, and immerse yourself in their ancient traditions? Now, with 'Living with the Monks,' you can experience this extraordinary journey firsthand.



## Living with the Monks: What Turning Off My Phone Taught Me about Happiness, Gratitude, and Focus

by Jesse Itzler

★★★★☆ 4.6 out of 5

Language : English  
File size : 37593 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 322 pages



This captivating book takes you inside the secluded world of Buddhist monasteries, where you'll meet a diverse cast of monks and nuns who share their insights, struggles, and profound wisdom. From a young novice navigating the challenges of monastic life to a seasoned master guiding seekers on the path to enlightenment, each story offers a unique perspective on the Buddhist experience.

Through the author's immersive storytelling and stunning photography, you'll witness the monks' daily rituals, from morning meditation to evening chanting. You'll learn about their strict adherence to the monastic code of conduct and their unwavering commitment to compassion, kindness, and non-violence.

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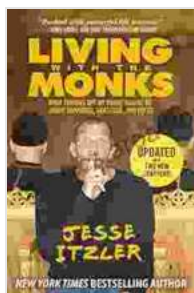
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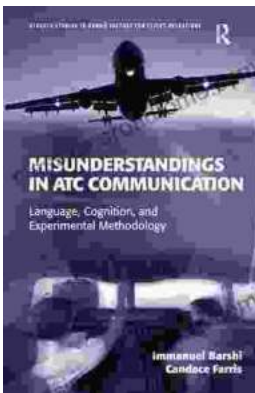
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