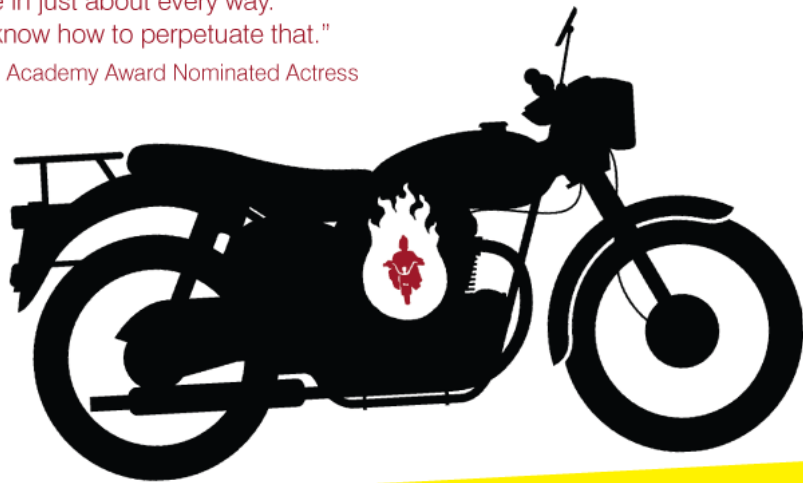


A SPIRITUAL RENEGADE'S *guide to the* GOOD LIFE

"Lama Marut is a great teacher, a master ...
He's changed me in just about every way.
I'm happy, and I know how to perpetuate that."

—**Lindsay Crouse**, Academy Award Nominated Actress



LAMA MARUT

Preface: ***A Manifesto***

This book is for desperados.

It's for those who know life is short and who are tired of wasting day after day in low-level unhappiness as they wait for the next high-level version. It's a book for those who are desperate enough to take up arms and make revolutionary inner changes in their lives before it's too late.

It's a book for people who wish to be duped no longer, who urgently want to be happy and who have figured out that the usual methods on offer in the modern world don't work. It's a guide for those tired of trying to become well-adjusted to a perverse society and who are willing—even eager—to deviate from the norm.

It's for those fed up with both the dead end of modern consumer-capitalist ideology based on selfishness and greed, and the toothless, self-absorbed navel-gazing of many contemporary spiritual self-help books. It's for those looking for a hard-core, triple-x, no-nonsense, and supremely practical guidebook to how to live the good life.

And it's for people who believe they could do it.

It's for those who are weary of feeling victimized and powerless. It's a book for heroes and heroines—people too afraid to revert back to the old, ineffectual ways or to run away from what might actually succeed.

This is a book for warriors. It's for people ready to take the bull by the horns and stop coddling their depression, anger, endless desires, jealousy, and pride. It's for those itching for the big rage-in-the-cage smack-down with their own mental afflictions, their true enemies, the demons that undermine the happiness we all seek.

It's for those who know that half-assed efforts bring halfassed results—and who are prepared to go full-assed.

If you're ready to get medieval on your suffering, this book might be for you.

The book is for those who've wised up to the callowness of being too cool to admit that we all just want to be happy—who know the way to be truly individualistic and stand apart from the crowd is to realize that we're all the same.

It's for those willing to be un-fabulous, and not for those too trendy to see that the quest for radical contentment is not just another trend.

It's for people who won't be taken in by an anti-happiness backlash, where, absurdly, being tormented and miserable is embraced as a sign of sophistication and depth.

This book is for the truly compassionate—the big-hearted, not the faint-hearted—the ones who have figured out that being happy is neither superficial nor selfish but the *sine qua non*,

the indispensable ingredient, for living a meaningful life of service to others.

It's for those who have observed that if we are to save others from drowning, we first need to learn how to swim.

It's a book for those who realize that we don't just stumble upon happiness—that happiness, like everything else, doesn't happen without reason—nor does it arise simply by positive thinking based on a magical law of attraction. It's for those who know that happiness can only be brought about through rationality, self-discipline, and persistence, and who are willing to roll up their sleeves and get to work.

This book is for those intelligent enough to discern what will really be effective and what won't, and who care about themselves and others enough to seriously commit to creating a sane, healthy way of life—and who know that in an insane world, a sane person might very well appear disordered.

It's for those desperate enough to want to make their spiritual practice into a tiger—fast and powerful—and give the beast some real teeth, so armed and dangerous that when the mental afflictions like anger, pride, and jealousy see it coming, they pee in their pants.

It's for those who are done playing footsies under the table with secularism, materialism, and consumerism, hoping such flirting might lead to something more, perhaps even a meaningful relationship someday.

It's for people who regard themselves as strangers in this strange and profane land, who are like illegal aliens in a world stripped of all values and meaning.

It's for those whose papers are definitely not in order when it comes to the status quo.

This book is for desperados, rebels, and insurrectionists willing to pit themselves against a life defined by perpetual dissatisfaction, egoism, and greed.

Is it for you?

Are you ready yet?

Are you desperate enough to really want to *incite* happiness in your life?