

Be Nobody

We are all desperately trying to be somebody, to be “special”. We collect “friends” and “followers” online as symbols of our worth. We hunt fame and visibility.

But maybe we’ve got it all wrong.

With his edgy tone and radical perspective, Lama Marut follows up *A Spiritual Renegade’s Guide to the Good Life* by calling for the biggest revolution of all: the overthrow of our obsessive quest to be somebody. He shows readers that living an ethical life—a life of selflessness rather than unbridled egoism—is the key to true happiness and the foundation for creating a better world.

Lama Marut is brilliant, a Chogyam Trungpa for new generations, mixed with a little Louis C.K. style humor.”

—Lisa Selow, life coach & author of
A Rebel Chick Mystic’s Guide

Summer 2014 US Tour:

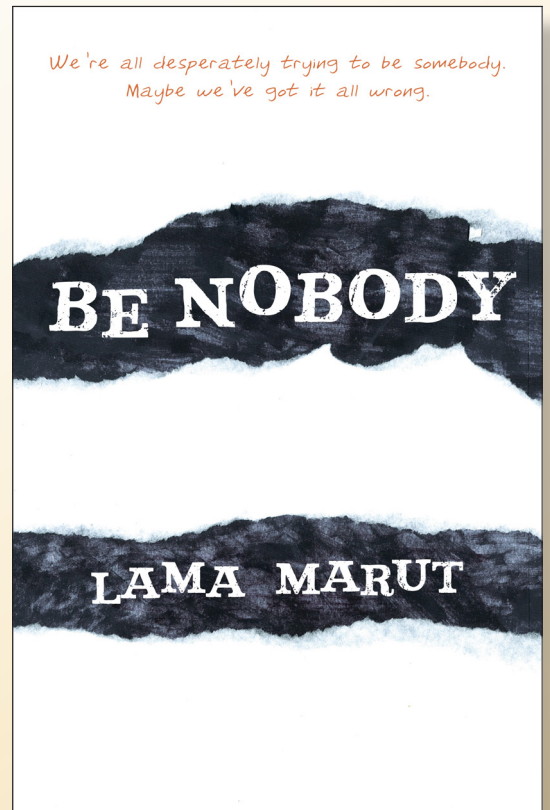
Following his successful US tours in 2012 and 2013, Lama Marut will again work with his team of students for a 2014, 12-city summer tour. Cities include: Austin, Portland, Los Angeles, New York, Nashville, Reno, Sacramento and Vancouver, BC.

International Following:

Lama Marut’s influence doesn’t stop at our ocean borders. He regularly tours internationally to Southeast Asia (including Singapore, Indonesia, and Hong Kong) and Australia.

Age of Narcissism, Depression, and Self-Help:

Be Nobody makes the bold claim that it’s not an accident, that both depression and narcissism have risen simultaneously with social media dominance and celebrity-based culture—the obsession with self is resulting in dramatic and far-reaching problems.



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Lama Marut (a.k.a. Brian K. Smith) holds a Ph.D. in Comparative Religion and taught for over two decades in the academic world, first at Columbia University and later at the University of California, where he retired as Professor Emeritus in 2004. He lived as a Buddhist monk for eight years and has served for the past fifteen years as a spiritual teacher to students around the world. Lama Marut is currently the Spiritual Director of eight “Middle Way Centers” located in North America, Australia, and Singapore.



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